

Pink Lotus Project Nebraska

Healthy Summer Travel Checklist

Print & Share Resource

A companion handout for the Health, Wealth & Relationships with Tisa & Grant podcast.

Before You Leave

- ☐ Refill all prescriptions.
- ☐ Pack medications in original labeled containers.
- ☐ Bring 3 to 7 extra days of medication in case of delays.
- ☐ Carry medications in your carry-on, never in checked luggage.
- ☐ Pack a printed medication list and emergency contacts.
- ☐ Check that medical equipment is charged and packed.
- ☐ Review your health insurance and consider travel insurance.

Traveling with a Chronic Illness

- ☐ Follow your medication schedule.
- ☐ Set reminders for different time zones.
- ☐ Know the nearest hospital or urgent care at your destination.
- ☐ Pace yourself and schedule rest breaks.
- ☐ Don't overbook activities.
- ☐ Carry physician contact information if needed.

✈ Air Travel Tips

- ☐ Drink water before and during the flight.

- ☐ Stretch or walk every hour on long flights.
- ☐ Wear compression socks if recommended by your healthcare provider.
- ☐ Bring healthy snacks.
- ☐ Sanitize hands and wipe tray tables.
- ☐ Carry a refillable water bottle.

Road Trip Tips

- ☐ Stop every two hours to stretch.
- ☐ Share driving when possible.
- ☐ Keep a cooler with fruit, vegetables, yogurt, cheese, and water.
- ☐ Never drive while overly tired.

✿ Heat, Sleep & Recovery

- ☐ Wear sunscreen, a hat, and lightweight clothing.
- ☐ Watch for signs of dehydration and heat exhaustion.
- ☐ Get adequate sleep before and during your trip.
- ☐ Build recovery time into your itinerary.

International Travel

- ☐ Verify passport and vaccination requirements.
- ☐ Check medication rules for your destination.
- ☐ Consider travel insurance with medical and emergency evacuation coverage.
- ☐ Save embassy and emergency phone numbers.

Remember

Healthy travel starts before you pack.

Preparation protects your health, finances, and peace of mind.

Travel well. Return well.