## **OUTING CHECKLIST**

## **MEDICAL AND SAFETY MEDICAL AND SAFETY CONSIDERATIONS:** CONSIDERATIONS: ■ Medical Alerts **Medical Alerts** ■ Medications ■ Medications □ Water ■ Water □ Picture identification □ Picture identification □ Emergency phone numbers ☐ Emergency phone numbers □ Appropriate Snacks □ Appropriate Snacks (diabetic) (diabetic) ■ Money ■ Money □ Charged cell phone □ Charged cell phone □ Transportation □ Transportation Pass/Schedule/Directions Pass/Schedule/Directions □ Keys □ Keys □ Activity/Event Schedules □ Activity/Event Schedules **EQUIPMENT EQUIPMENT** □ Backpack/other pack □ Backpack/other pack □ Proper clothing for weather □ Proper clothing for weather conditions conditions Adaptive equipment □ Adaptive equipment □ Reading or leisure materials □ Reading or leisure materials □ Plastic bag for wet □ Plastic bag for wet items/garbage etc. items/garbage etc. **OTHER PERSONAL ITEMS: OTHER PERSONAL ITEMS:** \_\_\_\_\_

Getting there • • • • •

Getting there ••••

TRANSPORTATION RESOURCE CENTER

**OUTING CHECKLIST** 



## For questions about:

Metro Transit (206)553-3000 Sound Transit (206)398-5000 Community Transit (425)348-2350 Transit Instruction (206)749-4242 Access eligibility (206)263-3113



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These tips are intended to assist in the planning of traveling in the community. They are a guide only and cannot guarantee safety. It is the responsibility of the reader to follow his/her health care professional's advice related to their specific condition. Always be prepared to encounter the unpredictable.



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