





OUTING CHECKLIST

MEDICAL AND SAFETY CONSIDERATIONS:

- Medical Alerts
- Medications 
- Water 
- Picture identification
- Emergency phone numbers
- Appropriate Snacks (diabetic)
- Money 
- Charged cell phone
- Transportation
Pass/Schedule/Directions
- Keys 
- Activity/Event Schedules

EQUIPMENT







- Backpack/other pack
- Proper clothing for weather conditions
- Adaptive equipment
- Reading or leisure materials
- Plastic bag for wet items/garbage etc.

OTHER PERSONAL ITEMS:

- _____
- _____
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- _____
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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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