

## **TRAVEL CHECKLIST**

### **SUPPLIES/CATHETER KIT (for carry on/you should have several days worth of supplies in case of travel problems)**

- Several days' supply Bladder Management supplies (catheters, lubricant, etc.)  
Supplies for washing hands, etc.
- Bowel Program supplies (gloves, lubricant, suppositories, etc.)

### **CARRY-ON BAG**

- Supply of Medications for trip
- List of medications with schedule
- Autonomic Dysreflexia medication (if at risk for AD)
- Emergency contact information including family and Doctors
- Cushion for airplane seating
- Any other equipment that you use (Roho pump, gloves, splints, etc.)
- Extra clothes

### **WHEELCHAIR SUPPLIES KIT**

(A small backpack that is always in the car, or small bag carried in suitcase on plane)

- Tire Pump
- Roho pump
- Wheelchair tools
- Spare Tire
- Spare Inner tube
- Tire Patch Kit
- Spare Parts
- Roll of duct tape

### **MAIN SUITCASE**

- Main Bladder supplies (catheters, lubricant, etc., for duration of trip.)
- Main Bowel Management supplies (gloves, lubricant, suppositories, etc.)
- Electrical Adapter for power chair and other uses (for international travel)

### **EXTRA EQUIPMENT (as needed)**

- Travel Commode
- Travel bath/shower bench
- Bed/Bath Pads
- Shower hose – attaches to tub faucet
- Sliding Board
- Portable hand controls
- Gait Belt
- Handicapped Placard