

Personal Travel Plans

Plan your own dream trip! Where would you go? What arrangements need to be made? Think ahead and make plans well in advance of your trip. Even if you won't be going anywhere for a while, planning ahead is smart and dreaming about where you would like to go is fun!



EXERCISE: Use the following checklist when planning a trip.

- Medical Insurance coverage for out of province / state / country.
- Immunizations are up to date and recorded
- Additional shots for travelling abroad.
- Personal care binder (Plan-It) is up-to-date for easy reference.
- Enough medication to cover the trip and any delays in my return (pack into hand baggage).
- Physician / clinic notified of my trip and necessary modifications made to my treatments.
- Contact airline, train or bus to request special assistance like wheelchair, or special diet.
- Name and number of person to contact in case of emergency.

Name: _____

Phone Number: (_____) _____

area code

Packing Checklist:

(✓)	
<input type="checkbox"/>	Medic-alert
<input type="checkbox"/>	Medical cards
<input type="checkbox"/>	Insurance cards
<input type="checkbox"/>	Plan-It
<input type="checkbox"/>	Medications
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Medical Supplies
<input type="checkbox"/>	Treatment Supplies
<input type="checkbox"/>	Small first-aid kit

