## COVID-RELATED PACKING

- Hand Sanitizer
- Disinfecting Wipes
- Alcohol Wipes
  - (for smartphones, credit cards, etc.)
- Hand Moisturizer
- Flushable Wipes
- Cloth Face Coverings
  - (with a few resealable small plastic bags to store them when not in use)
- Plastic Bags
  - (to keep your potentially-infected clothes separate from the clean ones in your suitcase)
- Disposable Gloves*
  - (with a bag for disposing of used ones)
- Thermometer
- Pulse Oximeter
- Over-the-Counter Medications
  - (aspirin, ibuprofen, acetaminophen, etc.)
- Prescription Medications
  - (plus an extra supply)
- Telehealth Concerns
  - (medical history written down with dates, notepad and extra pens to write things down while you’re talking to the doctor, passwords to get online)
- Soap
- Refillable Water Bottle
- Disposable Cutlery
- Separate Purse/Small Bag
  - (to store your credit cards/ID/passport separately from your wallet)
- Small Backpack
  - (or similar bag to store all your COVID supplies)

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*NOTE: While the CDC states that disposable gloves are not necessary when you are out and about—they recommend them for people caring for the sick—many people still opt to use them.

## ADDITIONAL ITEMS:

### FOR A ROAD TRIP

- Cooler
  - (to go in trunk and filled with snacks, water, juice, and fruit)
- Paper Towels
  - (to use at gas pumps or to press buttons at drive-thrus during road trips)

### FOR AIR TRAVEL

- Purifying Mist
  - (to spray around your seat)
- Airplane Seat Cover
  - (perhaps from a brand like Seat Sitters)
- Travel Pillow
- Fleece Throw/Blanket

### FOR TRAVELING WITH KIDS

- Child Proof Bag or Box
  - (to keep cleaning products away from kids)
- First Aid Kit
- Changes of Clothes
- Snacks and Juice Boxes