



HEALTHY TRAVEL PACKING CHECKLIST



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)

ADDITIONAL ITEMS: FOR A ROAD TRIP

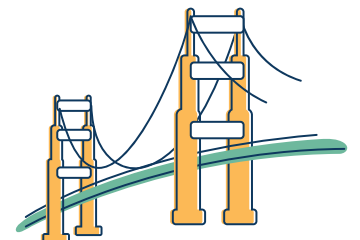
- Cooler
(to go in trunk and filled with snacks, water, juice, and fruit)
- Paper Towels
(to use at gas pumps or to press buttons at drive-thrus during road trips)

ADDITIONAL ITEMS: 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

ADDITIONAL ITEMS: 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



* 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.