

1. Do remember to bring all your prescriptions? Eye drops, pills, patches, inhaler, insulin, etc.?

2. Do you have a copy of your prescriptions in case they are lost, stolen or misplaced while at the Convention and your local pharmacy is not nationwide or only open during certain hours in another time zone?

3. Do not forget your prescribed eye wear, contacts, glasses and/or a backup pair. Do you have a current copy of your eye wear prescription, just in case? Remember that your eyeglass prescription must be current within the last 2 years and your contact lens prescription must be current within the last year. There is a difference in these prescriptions and other state eyewear dispensers are strict on this policy.

4. Please do not forget all of your necessary medical equipment i.e., Insulin pump, Oxygen tanks, BiPap/Cpap/Apnea machine and any other breathing machines, etc. Remember that you must contact your airline provider within a certain time period prior to departure if you wear oxygen around the clock as you will not be able to board an aircraft without prior authorization. Some airlines require a minimum of 7 days up to possibly 21 days advance notice of such things. Please contact your airline provider for more specific information.

5. Please do not forget to wear or bring your medical alert bracelets/necklaces/cards for those who are diabetics, have significant allergies, have rare blood types and disorders, etc.

6. Please do not forget your major medical insurance cards/prescription and/or supplemental cards and keep them on your person at all times.

7. Please remember to bring your blood pressure machine to monitor your blood pressure, heart rate/pulse. Also your blood sugar check device/glucometer to monitor your blood sugar.

You should monitor accordingly while taking some prescribed medications as medically indicated by your health care provider. Diabetics should also bring or have snacks. Some events can extend past your normal meal times, so bringing a light lunch or healthy diabetic snacks can prevent diabetic emergencies. These foods or drinks can allow you to attend the entire event until you can eat a full meal. It is very important that you know your normal and baseline ranges!

8. Please have and keep a list of ALL your prescribed medications, over-the-counter (OTC) medications and herbal supplements that you are taking including the name of the medication, dosage, amount and frequency in a legible print on your person at all times. Please see examples below:

Aspirin 81 mg daily or once a day

Metoprolol 50 mg bid or twice a day

NPH Insulin 7 Units subcutaneous twice daily

9. Please have and keep a list of ALL emergency contacts with at least 2 working phone numbers including your Primary and Specialist Physicians i.e., Cardiologist, Pulmonologist, Nephrologists, Neurologist, Endocrinologist, etc.

10. Please do not forget to order a wheelchair for travel to and from your flight gate when making flight reservations and a wheelchair or scooter for transport at the Convention prior to arrival if you need assistance walking. Please utilize church recommended vendors or make your own contacts.

Please communicate all the above information to saints who are traveling in your party. Please remember you are the key to making your event safe and successful. If you have any questions or concerns, please feel free to visit the Nurses Unit First Aid Station at the Convention, Meeting or Event.

Travel Health Checklist

Please check off items as you pack, add prescriptions/medicines, equipment and health items as needed.

Medicines	
<input type="checkbox"/>	Alcohol swabs
<input type="checkbox"/>	Antacids
<input type="checkbox"/>	Antibiotic ointment
<input type="checkbox"/>	Anti-diarrhea
<input type="checkbox"/>	Antihistamine/cold tablets
<input type="checkbox"/>	Antiseptic/Disinfectant
<input type="checkbox"/>	Band-Aids
<input type="checkbox"/>	Benadryl
<input type="checkbox"/>	Blood Pressure Meds
<input type="checkbox"/>	Cough/Throat Drops
<input type="checkbox"/>	Epi Pen
<input type="checkbox"/>	Headache/Pain tablets
<input type="checkbox"/>	Insulin/Diabetic Meds
<input type="checkbox"/>	Laxative/Stool Softeners
<input type="checkbox"/>	