

***i* General Travel Checklist**

Brought to you by Life & Luggage with CLL

Travel Light, Carry Love, Keep the Rhythm  **Air Travel Checklist**

***i* 6–8 Weeks Before Travel**

- Talk with your doctor about travel plans, especially if you have chronic conditions.*
- Request a summary of your medical history (digital or paper copy).*
- Ask about recommended vaccinations or travel meds.*
- Contact your airline if you'll need a wheelchair or boarding assistance, permission for oxygen/medical devices (e.g., CPAP, portable concentrators), special meals, or seating accommodations.*
- Apply for TSA Cares (travel assistance for passengers with medical needs).*

***i* 2–4 Weeks Before Travel**

- Fill out airline medical forms if required (some carriers require forms for oxygen or complex medical equipment).*
- Check passport/ID validity and entry requirements for the destination.*
- Order refills for all prescriptions — request travel-sized labeled bottles.*
- Get travel insurance if needed (double-check medical coverage abroad).*
- Download airline and TSA apps for live updates.*

***i* 1 Week Before Travel**

- Pack medications in carry-on (never checked).*
- Print or save: boarding passes, hotel confirmations, emergency contacts, embassy info.*
- Weigh luggage to avoid fees.*
- Pack essentials in personal item:*
 - *Change of clothes*
 - *Prescriptions + daily pill case*
 - *CPAP or medical device (with backup battery if possible)*
 - *Snacks & refillable water bottle (empty until security)*



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Day of Travel

- Arrive early (2 hours domestic, 3 hours international).
- Wear easy shoes and layer clothing for comfort.
- Keep meds and assistive devices accessible.
- Declare medical items at TSA (they don't count toward the liquids rule if exempt).
- Use PreCheck/Clear if available.

At the Airport / In Flight

- Stay hydrated, stretch legs regularly.
- Sanitize hands and tray table.
- Use noise-canceling headphones, neck pillow, or scarf for comfort.
- Keep airline contact numbers handy in case of delays.

