

# Arthritis Travel Packing Checklist

Plan ahead for a more organized and comfortable trip

## How to Use This Checklist

Traveling with arthritis may require some extra preparation. This checklist helps you organize items that may be useful for comfort, mobility, medication management, and everyday travel needs.

Review the sections before packing and check only the items that apply to your trip. Add personal essentials where needed.

### 1. Comfort & Joint Support

- ☐ Braces or supports I normally use
- ☐ Pain relief creams or gels, if used
- ☐ Familiar heat or cold therapy items, if suitable for travel
- ☐ Travel pillow or lumbar support, if helpful
- ☐ Comfortable, supportive footwear
- ☐ Other personal comfort items

**Notes:**

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### 2. Medication & Health Essentials

- ☐ Regular medications
- ☐ Prescription information or medication list
- ☐ Medication stored in suitable, accessible packaging
- ☐ Pill organizer, if helpful
- ☐ Contact information for my healthcare provider or pharmacy
- ☐ Any additional health essentials needed for the trip

Check medication storage requirements and travel restrictions before departure. Keep essential medications accessible and follow your healthcare provider's instructions.

**Notes:**

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### 3. Mobility & Assistance Tools

- ☐ Cane, walker, or other mobility aid
- ☐ Spare tips, batteries, or parts, if applicable
- ☐ Suitable bag or backpack

- ☐ Wheeled luggage, if helpful
- ☐ Seat cushion or padding, if needed
- ☐ Mobility equipment or assistance arrangements confirmed

**Notes:**

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## 4. Fatigue & Energy Management

- ☐ Snacks or other suitable travel food
- ☐ Refillable water bottle, where permitted
- ☐ Items needed to rest comfortably
- ☐ Familiar sleep or comfort items, if used
- ☐ Eye mask or earplugs, if helpful
- ☐ Plan for breaks during longer travel days

**Notes:**

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## 5. Clothing & Practical Comfort

- ☐ Loose or comfortable clothing
- ☐ Layers for changing temperatures
- ☐ Easy-to-put-on shoes
- ☐ Compression garments, if normally used and appropriate
- ☐ Weather-appropriate clothing
- ☐ Easy-to-manage fastenings or clothing aids, if helpful

**Notes:**

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## 6. Planning & Convenience

- ☐ Printed or saved itinerary and travel details
- ☐ Accommodation confirmation
- ☐ Accessibility or assistance arrangements confirmed, if needed
- ☐ Emergency contact information
- ☐ Travel insurance documents, if applicable
- ☐ Identification and required travel documents
- ☐ Copies or secure backups of important information

**Notes:**

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## 7. Personal Comfort & Priorities

Items that help me stay comfortable while traveling:

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Early signs that I may need a rest or break:

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Important items to keep in my carry-on or personal bag:

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### Reminder

Travel needs vary from person to person. Use this checklist as a flexible planning tool, and adjust it to your destination, activities, and personal requirements. Allow extra time where possible and plan for rest when needed.

**Disclaimer:** This checklist is for general planning and personal support only. It does not replace medical advice. Follow your healthcare provider's guidance about medications and health-related travel needs.

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