

Travel supplies-general list for an average 2 week vacation

2 weeks supplements-am/pm-clear bag	long undies/stretch pants
2 weeks catheters	slippers
2 weeks meds-am/pm-carry on	nightie
2 weeks incontinence supplies	capris/shorts 2 pr
	jeans/cargo pants
	short sleeve shirts-3
	long sleeve T-shirt
	long sleeve nice shirt
	swimsuit/cap/goggles/cover up/earplugs/water shoes
	1pairs shoes 1 pair hiking boots
sunglasses	5 pair socks/1 pair sleep socks
ice kerchief/vest	7 undies
heat pad for feet/empty ice bags	2 bras
Toothbrush/paste/floss/picks	knit cap/head band
Facial cleansers and moisturizers	raincoat
Hair brush, shampoo/conditioner/gel	sweater
Trekking poles/cane	phone
Spare eyeglasses	photos to share with family/friends
Foot cream	sweat shirt/sweat pants
Booklight/Kindle/chargers/tablet/hot spot	
	parking placard/park pass
Phone/Password book	Maps/travel guides
Laundry soap/plastic grocery bags	stretch strap/theraband/balls
Hand sanitizers/tums/Tylenol/IBU	lip balm
Credit cards/drivers lic/medical card	antibiotic ointment
Travel reservations/calendar	journal
Water bottle/tea bags	