

# Dementia-Friendly Travel List

## Essential Documents & IDs

- Photo ID and copies of identification
- Recent photo of your loved one (updated daily during the trip)
- Travel itinerary and hotel information
- Medical information card (diagnosis, medications, allergies)



## Safety & Monitoring Items

- GPS tracking device (such as an AirTag tucked into a shoe or bag)
- Medical ID bracelet or necklace
- Door alarm, portable door lock and/or childproof doorknob cover for hotel rooms
- Card with your contact info placed in a pocket or wallet
- Small dry erase board (useful for jotting simple reminders, "We're at the hotel, dinner at 6 pm" that can help orient your loved one)

## Comfort & Familiarity

- Favorite blanket or pillow
- Comfortable, familiar clothing (including sleepwear)
- Personal items like photos, a book, deck of large print cards or fidget item
- Toiletries they use at home (same brands/scents)



## Medications & Supplies

- All medications in original, labeled containers
- Pill organizer for daily use
- Extra medication in case of delays
- Basic first aid kit (bandages, pain relievers, etc.)
- List of prescriptions and dosages



## Clothing & Practical Extras

- Easy-to-change outfits (avoid complicated buttons or zippers)
- Extra set of clothes in your carry-on
- Slip-on shoes with good support
- Light jacket or layers for changing temperatures
- Sunglasses for times when bright environments can be disorienting or stimulating

## Caregiver Essentials

- Hand sanitizer and disinfecting wipes
- Chargers for phones and devices
- Notes on nearby urgent cares, pharmacies and quiet spots at your destination



## Sleep & Nighttime Support

- Portable & Motion sensed night lights for the bedroom and bathroom (especially helpful to keep a path lit)
- Eye mask or white noise app/machine if part of their usual routine

## Food & Hydration

- Favorite snacks that are easy to eat
- Refillable water bottle
- Small cooler bag if needed for perishable items