

Printable Checklist — Dementia Travel Safety Checklist

Section 1 — Before You Go

- ☐ Complete medication list packed (with extra 3–5 days)
- ☐ Medical summary card printed
- ☐ Doctor's travel letter obtained
- ☐ Medical ID bracelet on loved one
- ☐ GPS tracker charged and working
- ☐ Day-of photo taken
- ☐ MedicAlert Safe Return registered
- ☐ Nearest hospital at destination identified
- ☐ Direct flights / shortest route booked
- ☐ Hotel/accommodation briefed on diagnosis
- ☐ Familiar comfort items packed

Section 2 — During Travel

- ☐ Arrived extra early
- ☐ TSA assistance requested if flying
- ☐ Snacks & water accessible
- ☐ Orientation card (laminated) in pocket
- ☐ Never left alone, buddy system in place

Section 3 — At Destination

- ☐ Family members briefed on how to interact
- ☐ Daily routine maintained
- ☐ Room nightlight set up
- ☐ Path to bathroom clear
- ☐ Door alarm on hotel/guest room door
- ☐ Quiet room designated for overstimulation breaks
- ☐ Exit plan discussed with travel companions



Emergency Info:

Loved one's name: _____

Diagnosis: _____

My cell: _____

Doctor's emergency line: _____

Nearest hospital at destination: _____

MedicAlert ID number: _____