

# Memory Minders: Travel Kit Contents

## Travel Bags: A. Master Care / B. Temperature-Sensitive / C. Document

### LOCAL TRAVEL

#### A. Master Care Travel Bag

##### 1. Essentials – May or may not be in **Master Care Travel Bag**

Cell phone	Insurance – Auto / Medical card/ (Travel insurance for extended travel)
Keys: House / Car	Proof of vaccination - COVID-19 card (if needed)
Wallet / Purse / Money belt	

##### 2. Basic Items

- COVID-19 supplies - face mask, hand sanitizer, sanitizing wipes
- Extra change of clothes:
  - Easy pull-up pants, button-up blouse/shirt, socks, slip-on or Velcro shoes
- Kleenex & Wet Wipes
- Bib (if needed)
- Disposable pull-ups (for example: Depends)

##### 3. Comfort & Calming Items

Stuffed pet animal	Ear Plugs
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#### B. Temperature-Sensitive Travel Bag

Medications (extra in case you stay longer)	Snacks
Hand sanitizer	Camera & Electronics for entertainment
Water – small bottles	

#### C. Document Travel Bag

- Emergency Contact and Disability Information Cards - background information
- **Emergency Contact Card** for *person with dementia*
- **Emergency Contact Card** for *care partner*
  - (Note: After filling out, protect by covering with clear tape or laminate)
- **Emergency Travel Medical Form**
- **Tips for Dementia Travel: Local and Extended**
- **“The Hidden Disabilities Sunflower Lanyard”** MSP airport info sheet  
[https://www.dementiafriendlyairports.com/uploads/1/2/8/6/128660617/rad\\_travel\\_kit\\_sunflower\\_lanyard\\_info\\_sheet\\_v3\\_doc.pdf](https://www.dementiafriendlyairports.com/uploads/1/2/8/6/128660617/rad_travel_kit_sunflower_lanyard_info_sheet_v3_doc.pdf)
- **Helpful Tips when Dealing with Dementia** brochure from Alzheimer’s’ Speaks  
<https://alzheimersspeaks.files.wordpress.com/2017/07/trifold-final-5-22-17-lori-changes-0523017-final-final.pdf>
- **Memory Minders: A Kit for Caregivers** brochure (All Ramsey County Libraries)  
<https://www.rcreads.org/wp-content/uploads/sites/82/2021/11/memory-minders-handout-7.21.pdf>

### EXTENDED TRAVEL – additional items if needed

#### A. Essentials – May or may not be in **Master Care Travel Bag**

- Tickets / Boarding Passes
- Passport / Passport card / Enhanced Driver’s License / Government issued ID with picture
- Proof of vaccination - COVID-19 vaccine / International Certificate of Vaccination (Yellow card)

#### B. Document Travel Bag

- **Trip Planner Form**
- **Travel Itinerary** (Sample)
- Other possibilities:
  - **Medical Travel Letter** from primary physician on letterhead with signature (for example: if using needles for injections)
  - **Medical condition(s) in appropriate languages** on 3 x 5 index card