



Planning Checklist

for

A DAY OUT



- ☐ Disposable underwear or pads (full trip length + 1 extra change)
- ☐ Cleansing wipes
- ☐ Full change of spare clothing
- ☐ Wet bags (at least 2)
- ☐ Comfortable walking shoes
- ☐ Medications
- ☐ Medical ID card
- ☐ Emergency contact information
- ☐ Destination restroom locations and access checked
- ☐ **Double check** - packed items good for trip length and break schedule.

Notes

