

# Packing Checklist



If you're traveling with myasthenia gravis, make sure that you have these necessities in your bag.

## DOCUMENTS

- Contact card with your address, phone number and an emergency contact
- Copies of all prescriptions
- Download and fill out the [Myasthenia Gravis Foundation of America \(MGFA\) Emergency Alert Wallet Card](#)
- Healthcare provider's information
- Insurance information
- Lodging information
- Driver's license or passport
- US embassy or consulate information if you are traveling out of the country

## ITEMS TO MAKE TRAVELING MORE COMFORTABLE

- A walking aid, if needed
- Clothing that can be layered to avoid overheating
- Comfortable shoes
- Compression socks
- Empty water bottle to fill after security
- Neck pillow
- Travel blanket

## SUPPLIES TO HELP PREVENT UNEXPECTED ILLNESS WHILE TRAVELING

Ensure that you follow all [CDC guidelines](#) and check travel restrictions for all areas you'll be traveling to.

- Disinfecting wipes
- Hand sanitizer
- Masks
- Sunscreen

## TRAVEL KIT INCLUDING A SUFFICIENT SUPPLY OF:

- Your medications.\* Make sure you keep your medicines in their original bottles and carry copies of your prescriptions
- First aid supplies with some of the following: bandages and over-the-counter medicines for cough, colds, pain and fever (make sure to talk to your doctor about which over-the-counter medicines are appropriate for you before packing)

\*Remember to check the [Transportation Security Administration website](#) to double check what items you can or cannot bring onto an airplane, including medicines.