

# Packing Checklist



## DOCUMENTS

- ☐ Contact card with your address, phone number and an emergency contact
- ☐ Copies of all prescriptions
- ☐ MG Emergencies card (on following page)
- ☐ Healthcare provider's information
- ☐ Medical ID card or medical journal
- ☐ Health insurance card(s)
- ☐ Trip insurance documentation
- ☐ 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
- ☐ Comfortable shoes
- ☐ Compression socks
- ☐ Reusable water bottle
- ☐ Neck pillow
- ☐ Travel blanket

## MEDICAL SUPPLIES

- ☐ All MG medications, including injectables, pills, etc. and any other medication or supplement you need.\* Keep them in their original bottles and carry copies of your prescriptions
- ☐ First aid supplies including: bandages and over-the-counter medicines for nausea, headaches, cough, colds, pain or fever. Ask your doctor which medications are appropriate for you

## ADDITIONAL ITEMS BASED ON YOUR TRAVEL EXPERIENCES

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\*Check the [Transportation Security Administration website](#) to see what items are permitted in airports and on airplanes.

**MG United**  
by argenx

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# MG Emergencies Card



\* Keep this card on you in case of an emergency. Share it with ER providers or paramedics to help communicate key information.

\* Print this page, cut out the card content and fold it at the dotted lines.

MG Emergencies Card

## I have myasthenia gravis (MG). Here's what you need to know:

**MG is a rare autoimmune, neuromuscular condition that causes muscle weakness and fatigue. Complications from MG are treatable, but some of them can be life-threatening.**

**Please contact my doctor to discuss any of this information, including medications and tests:**

Physician name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Institution: \_\_\_\_\_

Specialty: \_\_\_\_\_

Additional healthcare team information: \_\_\_\_\_

\_\_\_\_\_

### COMMON MG SYMPTOMS

I tend to experience the following in an MG crisis:

- |  |   |
|--|---|
| <input type="checkbox"/> Eyelid drooping                   | <input type="checkbox"/> Shortness of breath/<br>difficulty breathing |
| <input type="checkbox"/> Blurred or double vision          | <input type="checkbox"/> Weakness in the<br>arms and legs             |
| <input type="checkbox"/> Difficulty speaking               | <input type="checkbox"/> Difficulty walking/<br>standing              |
| <input type="checkbox"/> Difficulty chewing/<br>swallowing | <input type="checkbox"/> Fatigue from repeated<br>muscle use          |
| <input type="checkbox"/> Choking                           |   |
| <input type="checkbox"/> Difficulty<br>supporting neck     |   |

### PERSONAL INFORMATION

Full name: \_\_\_\_\_

#### Emergency contact

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Relationship: \_\_\_\_\_

\_\_\_\_\_

### PERSONAL INFORMATION (CONT'D)

Medications: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medication allergies/  
contraindications: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_