












 A logo beside an item means it can live in the Vivid Vault Pro app.

MEDICATIONS & MEDICAL

- All meds in carry-on.** Original labeled bottles. Pack 3 to 7 extra days for delays. Pill organizer for the trip's duration.
- Medication list.** Generic names, doses, and times. Adjusted for the destination time zone. 
- Doctor's note.** For controlled meds, blood thinners, injectables, oxygen, or CPAP. 
- Conditions card.** Diagnoses, allergies, pacemaker or implants, and what to avoid. Translated into the destination language. 
- Mobility & safety.** Cane, walker, hearing aids, glasses with backup pair, fall-prevention shoes, compression socks.

RECORDS & CONTACTS

- Provider contacts.** Primary care, specialists, and pharmacy. 
- Emergency contacts.** Set in the app's emergency setting. Confirm they are current. 
- Insurance cards.** Medicare, supplement, and any travel medical coverage. Front and back photos. 
- Advance directives.** Living will, POLST or MOLST, and healthcare proxy. 
- Blood type.** Add it to the record. 
- Travel insurance.** Save the policy and assistance phone number. 

COMFORT & WELLBEING

- Hydration and snacks.** Water bottle and a small snack to take meds with food.
- Layers.** Light jacket or shawl. Cabins and waiting areas run cold.
- Movement plan.** Stand and stretch every 1 to 2 hours to lower clot risk on long flights.
- Cognitive support.** ID card with name and emergency contact. Itinerary printed large. Phone with key contacts saved.

HEADS UP

- Heads up.** Vivid Vault is not available in EU countries under GDPR. Plan offline copies (printed or saved photos) for any EU travel.

Keep it living in the Vivid Vault Pro app.

Set reminders, log changes as they happen, and keep your records ready for any provider.