



International Travel Checklist

One page. Pack faster. Travel covered.

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

BEFORE YOU GO

- ☐ **Time zones.** Talk to your doctor about medication time transitions before the trip.
- ☐ **Controlled meds laws.** Confirm with your physician's office. Some countries restrict ADHD meds, opioids, and benzodiazepines.
- ☐ **Medication list.** Save the generic name of every prescription. 
- ☐ **Prescription bottles.** Add a photo of each. 
- ☐ **Doctor's note.** Photo of the note for any controlled medications. 
- ☐ **Passport.** Add your passport photo. 
- ☐ **Travel insurance.** Save the policy documents. 
- ☐ **Blood type.** Add it. 
- ☐ **Provider contacts.** Primary care, pediatrician, and pharmacy. 
- ☐ **Vaccinations.** Add your immunization records. 
- ☐ **Allergies and conditions.** Save a photo translated into the destination's primary language. 
- ☐ **Advance directives.** Add directives and care preferences. 
- ☐ **Insurance cards.** Front and back photos of every card. 
- ☐ **Emergency contacts.** Set them in the app's emergency setting. 

DAY OF TRAVEL

- ☐ **Carry-on.** All medication in carry-on, in original labeled bottles.
- ☐ **Offline access.** Doctor's note, translated condition card, insurance cards, and passport photos available without signal.
- ☐ **Emergency contacts.** Confirm they are current. 

WHILE ABROAD

- ☐ **Log it as it happens.** New symptoms, dose changes, or care received. 
- ☐ **Receipts.** Photograph and save medical receipts for reimbursement. 
- ☐ **New prescriptions.** Add anything prescribed abroad. 
- ☐ **Labs and imaging.** Save new results from any visit. 
- ☐ **EU note.** Vivid Vault is not available in EU countries under GDPR. Plan offline copies if you are traveling in the EU.

WHEN YOU GET HOME

- ☐ **Share with your provider.** Bring new records to your follow-up.
- ☐ **Insurance claims.** Submit within the policy window. Most are 60 to 90 days.
- ☐ **Watch for delayed symptoms.** Fever, rash, persistent diarrhea, or fatigue for 3 weeks after international travel.

Keep this list living in the Vivid Vault Pro app.

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

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