



Carry-On for Special Needs Kids

What to keep in reach. Day of travel.

 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 a 3 to 5 day extra supply in case of delays.
- ☐ **Medication list.** Generic names, doses, and times. Adjusted for the destination time zone. 
- ☐ **Doctor's letter.** On letterhead for controlled meds, syringes, feeding supplies, and medical equipment for airline screening. 
- ☐ **Medical equipment.** Feeding pump, nebulizer, suction, oxygen, AFOs, hearing aids, communication device, plus chargers and backup batteries.
- ☐ **Diagnoses card.** One-page summary of conditions, allergies, and what to do in a crisis. Translated into the destination language. 
- ☐ **Allergy alert.** Translated card plus epinephrine if prescribed. 

RECORDS & CONTACTS

- ☐ **Provider contacts.** Pediatrician, specialists, therapists, and pharmacy. 
- ☐ **Emergency contacts.** Set in the app's emergency setting. Confirm they are current. 
- ☐ **Insurance cards.** Front and back photos of every card. 
- ☐ **Vaccination records.** Save current immunization records. 
- ☐ **Care preferences.** Advance directives or care plan, plus a one-page "how to help my child" overview. 
- ☐ **Travel insurance.** Save the policy documents. 

REGULATION & COMFORT

- ☐ **Sensory kit.** Headphones, sunglasses, fidgets, weighted lap pad, comfort item, chewable.
- ☐ **Familiar foods.** Safe snacks and drinks, formula or thickener if used.
- ☐ **Hygiene & change.** Wipes, gloves, change of clothes, pull-ups or briefs, disposable bags.
- ☐ **Comm support.** AAC device or printed picture cards. Visual schedule of the trip.

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 child's records ready for any provider.

vividvaulthealth.org