

# MASTER PACKING LIST



## CLOTHING

- Dress Shirt / Jeans / Belt
- Tops / Shorts
- Underwear / Bras / Socks
- Jammies
- Shoes / Chucks / Slides
- Jacket



## TOILETRIES:

- B Toiletries Bag
- Speaker
- Deodorant / Shampoo / Conditioner / Soap
- New Razor / Shave Cream
- Pomade
- Alcohol Wipes / Cold Wipes / Wipies
- Shower Towel / Laundry Bag
- Toothbrush / Toothpaste / Mouthwash



## MEDICATIONS:

- AM Meds
- Midday Meds
- Nite Meds
- PRN Meds
- Ketones / Electrolytes
- Glucometer & Strips
- Nebulizers
- Distilled Water
- Migraine Hat (Freezer)



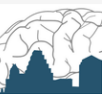
## ELECTRONICS

- Phone / Charger / Car Charger
- Watches / Earbuds/ Headsets / Speakers / Chargers
- Power Banks
- Laptop / Power Cord / Bag
- Flashlight
- Car Dash Mount



## MISCELLANEOUS:

- Regular & Reading Glasses / Cases
- Sunflower Lanyard (if using mass transit)
- BIAA Brain Injury Survivor Card
- Passport (If going abroad)
- Neck Pillow / Travel Pillow
- Sleeping Bag / Sheets / Blanket / Linen Spray
- Car Cover
- Health Insurance Cards
- Updated Car Insurance Card
- Reading Light



# SPECIAL PACKING LIST



## WARM OUTDOOR TRIP

- Swimming Suit / Cover-Up
- Water Shoes / Flip Flops
- Beach Towel
- Hiking Boots / Socks / Backpack
- Cooler Bag / Snacks / Drinks
- Bug Spray / First Aid Kit



## CUSTOM ADDITIONS

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## COLD WEATHER TRIP

- Heavy Coats / Hats / Gloves / Scarf
- Boots / Thick Socks / Slippers
- Base Layers

