

Diet Travel Food

Therapeutic diet letter from Doctor (this individual is maintaining medical diet, must carry and have access to his own food...)

Water bottles

Probiotics

100% pure Juice

Dry Meat Jerky (in small portion baggies)

Hard cheese cubes

Hard boiled eggs

Pancakes (frozen in baggies in individual portions)

Patties (frozen in baggies in individual portions)

Muffins, Cookies

Crackers, bread-buns

Fresh cut fruits and veggies

Baggies of dried fruits and nuts mix

Freeze dried fruit baggies

Fruit leather

Energy Bars or homemade energy bars

Pickles in Ziploc bags

Canned chicken or Tuna

Frozen Meals- individual portions ready to heat (frozen soups/ stews are great one-bowl meal)

Bags of Frozen Veggies

Dehydrated full SCD meals (to reconstitute in water and heat)

Breakfast: yogurt jars in small daily portions, honey, cooked fruit for yogurt, tea bags, sausage, eggs and butter o fry, frozen pancakes

Frozen Chicken Broth in small individual containers

For Car Travel

Hand sanitizers

Coolers, Ice, small lunch box to carry food on a walk

Car fridge – optional

Water bottles and snacks

Kitchen equipment

Paper towels

Dish soap and sponge

Sandwich Ziploc plastic bags to pack daily food

Large Ziploc bags for ice cubes (to refill ice daily from hotel dispenser or from a convenient store for the car food coolers)

Aluminum paper

Gloves for dish washing

Pot for soup

Skillet for eggs

Small Pyrex to fit in a small microwave

Water bottles

Disinfecting wipes, hand sanitizers

Good small knife to cut fruits

Picnic plates, cups

Spoons, forks

Mugs

Can opener

Hot plate or electric skillet

Lunch box and blue ice pack for carrying daily food/ car (Chill blue ice packs in the hotel refrigerator every night!!)

Medications, Vitamins

Epi Pen

Anti-histamine

First aid kit

Insect repellent

Pain reliever (Advil, Tylenol)

Probiotics

Documents

Itinerary
Passports
Visa
International Driver License
Xerox hard copy of passports and visa to keep separately from originals
Flights/ Train, confirmation number and hard copy.
Car rental confirmation number and hard copy.
Hotel confirmations numbers, address
Phone numbers for destination contacts
Doctors note for SCD travelers (permission to carry food for medical diet on planes etc)
Prescription copies for medication and eye glasses
Medical alert cards

Toiletries

Body soap
Shampoo, Conditioner
Facial soap
Deodorant
Tooth brush, toothpaste
Razor
Shaving kit
Glasses
Hair comb
Hair accessories (headband, clips)
Hair dryer, hair Iron
Shower cap
Tissue, cotton balls, swabs
Feminine pads
Nail care Sunscreen
Body/ hand cream
Facial cosmetics
Wet toilet wipes

Money

Credit and ATM cards
Cash

Miscellaneous

House keys
Chargers for Cell phone/ laptop
Voltage Adapter
Sewing kit
Flashlight
Laundry bag
Travel pillow
Umbrella

Clothing

Underwear
Socks, shoes
Shirts, pants
Sweaters, jackets
Hats
Indoor Slippers
Belts
Jewelry
Rain jackets
Shoes- sports, elegant, sandals, beach or shower slippers
Socks, stocking, tights
Scarves, gloves
Bathing suits
Hand bags
Sunglasses

Recreation gear

- Sleeping bag
- Lantern/ flashlight
- Utensils, pocket knife
- Picnic cooler
- Ice packs
- Cook stove
- Towels
- Blankets (for sitting)
- Beach chairs
- Hats, sun screen
- Sun glasses
- Whistle
- Water bottles

Gut Harmony Ultimate Travel List