








The Discerning You

Chronic Illness Packing Guide: My Medical Folder Checklist

	Check
 A valid doctor's note that explains my health condition. <i>(Make sure to highlight the use of a prosthetic leg, medical implant or even any hypersensitivities you may have.)</i>	<input type="checkbox"/>
 One of my latest medical scripts or pharmacy receipts	<input type="checkbox"/>
 Itinerary for the trip	<input type="checkbox"/>
This should be a brief breakdown of each trip I plan to make. (Planes, trains, taxi's etc...) with:	
<ul style="list-style-type: none">○ <i>The date and time of each trip</i>	<input type="checkbox"/>
<ul style="list-style-type: none">○ <i>The name of each airline/train service etc.</i>	<input type="checkbox"/>
<ul style="list-style-type: none">○ <i>The flight or train number</i>	<input type="checkbox"/>
<ul style="list-style-type: none">○ <i>The arrival terminal (if it applies)</i>	<input type="checkbox"/>
 A list of nearby hospitals, doctors and pharmacies	<input type="checkbox"/>
 An emergency protocol sheet	<input type="checkbox"/>
What to include:	
<ul style="list-style-type: none">○ <i>My emergency contact details</i>	<input type="checkbox"/>
<ul style="list-style-type: none">○ <i>Medical aid or insurance information</i>	<input type="checkbox"/>
<ul style="list-style-type: none">○ <i>A brief explanation of my medical condition</i>	<input type="checkbox"/>



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- *What must be done in case of emergency*



Prescription Medication

(This includes: painkillers, anti-inflammatories, anti-depressants, anti-anxiety meds, cortisone, immunosuppressants, anything for neuralgia or neuropathic pain, sleeping tablets, and others.)

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____



Non-prescription medication

- An immune booster (with as much vitamin C as possible)
- A natural energy boosting supplement
- Cortisone cream
- Electrolyte tabs
- Throat lozenges



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- Antiseptic cream
- Joint and muscle spray (*e.g. MSM*)
- Probiotics
- Plasters
- Burn shield
- Antihistamines
- Paracetamol and/or ibuprofen
- Laxatives and diuretics (very important – don't leave this out)



Medical equipment

- A blood pressure monitor
- A face mask
- A blood sugar monitor
- Nebulizer or inhaler
- Iron count monitor
- Your personalised equipment (I.e. a portable EKG monitor, or oxygen tank, Epi-pens etc.)
- Wheelchair, crutches or walking aids
- Other:
- Other: