



Check List for Long Distance Travel

If you're considering a long distance move, a long distance transportation service can make the journey easier. We provide comfortable and medically equipped coaches with onboard kitchens and bathrooms, and your loved one can rest on a hospital bed. The coaches are large enough for someone to go along for the ride, and we can accommodate most pets.

Step 1: Choose Your Main Luggage and Carry-On Luggage

Step 2: Organize Your Personal Belongings

When traveling with an elderly or disabled loved one, one of the best things you can do when you're packing for a long distance trip is to make sure you use packing organizers or a type of packing system.

Keeping their suitcase organized with packing organizers means not only will you know exactly where everything is, but clothing can be arranged and compressed so you can fit more in their bag.

Make a list of essentials items:

- Shirts
- Pants
- Jackets or Cover-ups
- Socks / Shoes
- Undergarments
- Toiletries
- Important documents
- Cash, Credit Cards or Checks
- Electronics - Cell Phone, charger
- Entertainment - Cards, books, etc.



Step 3: Pack Your Toiletry Bag

- Toothbrush, toothpaste, floss, mouthwash
- Hair brush or comb, hair ties, barrettes/bobby pins
- Deodorant
- Shampoo and conditioner
- Sunscreen and face lotion with SPF
- Make up
- Face wash and/or makeup remover wipes and q-tips
- Moisturizer/Lotion
- Lip balm with SPF or lipstick/lip gloss
- Personal or Feminine hygiene items
- Extra contacts, solution, and contact case
- Glasses / Prescription sunglasses
- Prescription medication with Label / Script

Toiletry Bag Extras

- Cologne/perfume
- Personal mini mirror
- Hair products like hairspray, hair gel and beard oil
- Shaving kit and extra razors
- Sewing kit/clothing care kit, stain remover
- Facial tissues and/or toilet paper
- Travel towel
- Scissors, nail clippers, and tweezers

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Step 4: Prepare Your Personal Item Carry-On Bag

- Medication
- Cell phone and charger
- Laptop, iPad, or E-reader and charger(s)
- Headphones
- Travel pillow, blanket, eye mask, and ear plugs
- Lotion and chapstick
- Journal and pen
- Books, Crosswords and magazines
- Deck of cards and travel games
- Water / Snacks



Step 5: Collect Important Travel Documents, Cash, and Credit Cards

- Important documents
- Health insurance cards/document(s)/ prescriptions
- Doctors and loved ones contact information
- Cash and credit card(s)



The transport was excellent for my Mom. She arrived home happy and feeling good!
-Eric B.



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Why People Choose Med Transport Center

- **Comfort:** Most comfortable way to travel.
- **Hospital Bed:** Air flow mattress.
- **Expert Care:** Private nurse.
- **Medical equipment:** Oxygen, pumps, feeding tubes Kangaroo pumps, etc.
- **32 years of experience** transporting patients.