

Raynaud's Travel Kit

Staying warm is frequently a challenge for people with Raynaud's. When you are at home, you have your resources available. But what about when you are away from the house?

Use this sheet to prepare a travel kit to ensure that you have what you will need to stay warm or at least to protect your hands when you are out. This is also important when you go to your physician's appointment. Sometimes, it is difficult to regulate temperature in the office and also carry gloves and dress in layers, even if during summer.

The list provided includes some common places that you may travel to, and we have included some suggestions, however customize the lists based on your needs.

Grocery Store (ie.gloves, sweater)_____

Movies._____

Mall _____

Friends homes_____

Car_____

Winter Trips _____

Summer Travel _____

Restaurants _____

Kids sporting events (summer) _____

Kids sporting events (winter) _____
