

Travel and rescue-kit checklist

Use this before travel, long work days, events, heat exposure, or any situation where a flare would be hard to manage.

Do not include names, photos, addresses, clinician names, pharmacy account details, or exact travel details unless you need them for your own private record.

Record label

- Record label:
- Trip, event, or work context:
- Approximate dates or date range:
- Main risk context:
 - Walking or standing
 - Heat or dehydration
 - Long sitting
 - Alcohol or food changes
 - Sleep disruption
 - Training, hiking, or mechanical load
 - New shoes or formal shoes
 - Limited pharmacy access
 - Legal or travel constraints

Written rescue plan

- I have a clinician-written rescue plan: yes / no / unsure
- Where it is saved:
- What symptom level triggers it:
- What signs mean step back activity:
- What signs mean call, message, urgent care, or same-day evaluation:

Do not invent a prescription plan here. If the plan is unclear, make that the visit question.

Medication and supply check

Item	Packed?	Enough quantity?	Storage or timing note
Prescription rescue medicine, if prescribed			
Daily gout medication, if used			
OTC medicine allowed by my plan			
Medication list or de-identified summary			
Lab or visit summary, if needed			
Water bottle or hydration plan			
Cold or comfort option			
Pressure-safe footwear			
Loose socks or no-pressure option			
Bedding or blanket pressure workaround			
Topical or legal cannabis product, if used and allowed			
Travel-safe storage bag			

Fit and legal checks

- Medication timing across travel or work day:

- Storage temperature:
- Alcohol or driving conflict:
- Work, driving, sedation, or impairment conflict:
- Cannabis legality for destination or workplace:
- TSA, border, cruise, or venue constraint:
- Pharmacy access:
- Insurance, refill, or prior authorization issue:

Flare signal card

- My usual joint:
- My usual early signs:
- My action threshold:
- My non-routine signs:
- My same-day evaluation signs:
- My step-back activity rule:

Comfort plan

- Shoe or sandal option:
- Sock option:
- Cold option:
- Elevation or pressure relief option:
- Sleep setup:
- Mobility or transport backup:
- Food, alcohol, hydration, heat, and sleep boundaries:

Contacts and access

Keep this de-identified if using a cloud or AI tool.

- Clinician contact saved privately? yes / no
- Pharmacy contact saved privately? yes / no
- Nearest care option checked privately? yes / no
- Insurance or payment details stored privately? yes / no
- Someone with the plan knows where it is? yes / no

Final check

- Rescue plan is written and findable
- Supplies are packed
- Pressure-safe footwear is packed or planned
- Hydration and heat plan are realistic
- Legal and travel restrictions are checked
- Same-day escalation signs are clear
- I know what to do if symptoms start climbing

Claude prompt

Help me build a de-identified gout travel and rescue-kit checklist. Ask one question at a time. Do