Leaving the house Checklist

Things to Take When I Go Out

Tick each box as you go.

Before I leave

- ☐ Keys
- ☐ Phone
- ☐ Wallet or purse
- ☐ Bank card / money
- ☐ Travel pass or bus pass
- ☐ Glasses
- ☐ Hearing aids
- ☐ Medication I need to take with me
- ☐ Any appointment or travel information
- ☐ Have I been to the loo!

Things I might need

- ☐ Water or a drink
- ☐ A snack
- ☐ Coat or jacket
- ☐ Umbrella
- ☐ Hat or sun protection
- ☐ Walking stick or other mobility aid
- ☐ Tissues
- ☐ Hand sanitiser

Before I come home

- ☐ Have I got my keys?
- ☐ Have I got my phone?
- ☐ Have I got my wallet or purse?
- ☐ Have I got my glasses or hearing aids?
- ☐ Have I got everything I brought with me?

Important Information

My emergency contact:

Name: _____

Telephone: _____

Someone I can call if I need help:

Name: _____

Telephone: _____

My destination: _____

My appointment time: _____

My Own Reminders

Things I need to remember when I go out:

- ☐ _____
- ☐ _____
- ☐ _____

Dementia Direct
At the Carers' Support Service
NORTH LINCOLNSHIRE