

Ulcerative Colitis Survival Kit Checklist

(screamingmeemie.com)

- Wipes
- Vaseline®
- Mentholated lotion
- Antidiarrheals
- Painkillers
- Change of clothes
- Change
- Scent spray
- Book/eReader/Magazine
- Pantyliners
- Tissues
- Snacks
- Drinks
- Pictures of your loved ones
- Antibacterial hand wipes/gel
- Notepad & paper
- Moisturizer
- Trick shoes
- A list including your condition, medications, and doctor's details