

# GLP-1 Travel Checklist

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Traveling while on GLP-1 medication (Mounjaro, Zepbound, Wegovy, or Ozempic)? Here's your ultimate pack-and-go guide to stay on track, feel good, and enjoy the journey.



## What to Pack

- Your GLP-1 medication (pens or vials)
- Extra pen needles or syringes
- Prescription label or doctor's note (especially for international travel)
- Travel cooler bag + ice packs
- Reusable water bottle (collapsible or insulated)
- Protein snacks (bars, shakes, jerky)
- Fiber supplements (chews, powders, or bars)
- Electrolyte packs (like LMNT or Liquid I.V.)
- Anti-nausea meds (ginger chews, Zofran, etc.)
- Laxatives or magnesium (for regularity)
- Travel scale (optional, for longer trips)
- TSA liquid bag for any gels/liquids



## Timing & Dosing Tips

- Take your shot before you travel if it's easier
- Set calendar reminders in your phone with time zone adjustments
- It's okay to shift your shot time a few hours earlier or later



## Healthy Habits On the Go

- Start each day with protein
- Stay hydrated, especially on flights
- Choose indulgences that are \*worth it\*

- Walk as much as you can—great for digestion and energy
- Listen to your body and rest when needed

You've got this. Go live your skinny legend travel dreams. 🌍 ✨