

# Mom's Morning Checklist

Laurie · departure day · passport & documents are already handled — this is the rest

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## ■ Medications — do this first (carry-on, never checked)

- **All medications** in original bottles — full 3 weeks **plus ~5 extra days**
- A **written list** of medicines & doses (snap a photo on the phone too)
- Pill organizer if she uses one; any creams, eye drops, ointments
- **Glasses & hearing aids** + spare batteries / charger

## ✓ Already taken care of

- Passport + UK ETA — with Bill
- Doctor's letter, wheelchair affidavit, Viking wheelchair approval — on the trip site

## Clothes & comfort (the ship does laundry — pack light)

- ~7 days of mix-and-match clothes; **layers** for cool mornings and evenings on the water
- Comfortable walking shoes + one nicer pair for dinners
- A warm sweater and a light rain jacket
- Travel-size toiletries; refill any prescriptions before you go
- **Compression socks** + easy slip-on shoes for the long flight
- A small day bag for excursions and a refillable water bottle

## Getting on & off the river ship (keep it calm)

- Tell Viking staff about Mom's mobility **the moment you board** so they're ready every time
- **Ask for crew assistance every time** on and off — they do this all day, every day
- When ships **raft side-by-side**, you cross through the next ship's deck; crew steady her and carry the folded chair
- Never rush the gangway — let others go ahead and pick the calmer moments
- It is completely okay to **skip a demanding port** and enjoy the ship

## Key numbers

- Viking 24/7 emergency (US & Canada): **1-855-884-5464**
- Viking En Route (travel day, transit only): **+1-877-523-0576**
- Heathrow special assistance: **+44 20 8757 2700**

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*Essentials first — everything else is replaceable in Europe. She wanted to do this while she's here, and today she gets to.  
The trip is the point.*