

Travel Dental Packing & Contact Planner

Pack for your normal routine and the length of your trip

Name / destination:

Departure / return dates:

Mark packed or N/A (not applicable). Note quantities for the full trip. Use the products and cleaning methods recommended for your mouth.

Item	Packed	N/A	Quantity / notes
Toothbrush / travel case	☐	☐	
Fluoride toothpaste: natural teeth	☐	☐	
Between-teeth cleaning tool	☐	☐	
Charger / adapter, if needed	☐	☐	
Dry-mouth supplies, if used	☐	☐	
Denture brush / cleanser	☐	☐	
Denture case / usual adhesive	☐	☐	
Bridge or implant cleaning tools	☐	☐	
Nightguard / retainer / case / cleaner	☐	☐	
Usual prescribed dental products	☐	☐	

Other supplies / items to buy:

Keep hard-to-replace essentials accessible when practical. Confirm current baggage requirements for your route before packing liquids, gels, or powered devices.

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Save contacts and confirm arrangements before departure

1. Dental contacts

Home dentist / phone (include country code if needed):

After-hours number / portal or email:

Destination dental service / contact / source checked:

2. Information to carry

Current medication and allergy list: where I keep it:

Recent dental work / records or instructions to bring:

3. Coverage and pretravel questions

Insurer / assistance number / policy reference:

Ask: Is emergency dental care covered at my destination? Must I pay first? Are approval or network rules involved? What records and receipts are required?

Confirmed details / who confirmed them / date:

Dental concerns to address before departure / next step:

Planning aid, not proof of coverage or an emergency treatment guide. Verify current rules with your insurer and carrier. Reference: ADA MouthHealthy, Travel.