Step one to a good day out: **Pack the right stuff** 



Check out the top to-go items that teens shared with us and add your own below.

WHAT'S

- 📃 Sunglasses
- Cell phone (Duh!)
- 📃 Headphones
- 📃 Lip balm
- 🚺 Wallet and health insurance cards
- Additional medicines
- Salt packets and salty snacks
- Vitamins and supplements
- 📋 Hand sanitizer
- Doses of cystine-depleting therapy (CDT)

HORIZON

- CDT eyedrops
- Water bottle
- Gum or mints
- Keys



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