

## Tips for Veterans Attending the 56th Presidential Inauguration

### PLAN AHEAD

- Think about your health status
  - Speak to your doctor before you travel
    - Would this trip put your health in jeopardy?
    - Do you have any special health needs?
    - Remember, January is flu season---have you had your flu shot?
- If you take prescription medications, make sure you have an adequate supply; obtain refills now if needed. If you run out of prescription medication while visiting Washington you can obtain a refill at the Washington VA Medical Center but may have to wait in line during a busy time.
- Learn about inaugural events in the Nation's Capital
  - Secure lodging *prior* to travel
  - DC area transportation: [www.wmata.com](http://www.wmata.com)
  - Local inaugural information: [www.inauguration.dc.gov](http://www.inauguration.dc.gov)
- Anticipate large crowds; expect long periods of standing outdoors, walking long distances, and potentially cold and/or wet weather.

### PREPARE

- Pack Smart
  - Health Travel Kit: All prescription and non-prescription medicines you take; Veterans Identification card
  - If traveling by air, do not put your medications in checked baggage. Take your medications with you in a bag that you carry on the plane. If you take a liquid medication that exceeds the three ounce restriction, be sure it is in the original container with the prescription label and you will be allowed to carry it on board. For more information, see <http://www.tsa.gov/travelers/airtravel/specialneeds/index.shtm>
  - Strict security measures will be in place during the inauguration. No bags exceeding size restrictions (8"x 6"x4") will be allowed along parade route; no surrendered items will be returned, nor available for pick-up later
- Check local forecasts at [www.weather.com](http://www.weather.com) Keep head, hands and feet warm and dry.
- Know what to do if you become sick or injured on your trip
  - Washington VA Medical Center      <http://www.washingtondc.va.gov/>  
50 Irving Street, NW  
Phone: (202)745-8000
- Ask a family member, friend or employer to be your emergency contact while you are traveling, and carry contact information and a list of medications with you in case of emergency. If you are a [My HealthVet](#) user you can print out a wallet card.

### PROTECT YOURSELF

- Pay attention to your health during your trip
  - Drink plenty of water or liquids to avoid dehydration
  - Keep your hands clean; consider carrying hand sanitizer
  - Cover your coughs and sneezes
  - Limit alcohol intake, and do not drink alcohol and drive