

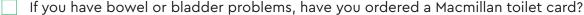
## Planning and packing checklist

## General things to think about

	Have you spoken to your cancer team, GP, practice nurse or a travel health professional about whether you are fit to travel?
	Do you need a companion or helper to travel with you?
	Have you told your travel company and accommodation about your needs? This may include your travel agent, airline, ferry company or tour operator.
	Is there extra support you can arrange during travel, such as at the airport or train station?
	Do you have a Global or European Health Insurance Card (GHIC or EHIC) to take with you?
	Have you found suitable travel insurance and packed your travel insurance policy?
	Do you need to take a doctor's letter, travel certificate or proof of vaccination?
	If you are going abroad, have you checked the latest travel advice on <b>gov.uk/foreign-travel-advice</b> ?
	Have you packed suncream with a sun protection factor (SPF) of at least 30, a wide-brimmed hat and suitable clothes to cover up in the sun?
M	edicines and equipment
	Do you need any vaccinations for the country you are visiting? Speak to your GP, practice nurse or private travel health clinic at least 8 weeks before travelling if you can.
	Do you need a letter from your doctor to take your medicines abroad?
	If you are carrying enough medicines to last 3 months or more, do you need a personal medicines licence?
	Have you got enough medicines to last for your whole trip? You may need extra supplies as well
	If you are travelling to different time zones, have you spoken to a health professional about taking your medicines at the right time?
	Do you need to take anti-malarial tablets?
	Do you need to take any medical equipment such as stoma supplies, or arrange oxygen supplies on holiday?
	Have you packed important medical supplies or products? These could include:  • compression stockings to prevent blood clots  • face masks and alcohol hand gel  • a cool bag if you are travelling with medicines that need to be kept cool  • insect repellent containing up to 50% DEET (diethyl-m-toluamide)  • antiseptic cream, in case you get a cut, scratch or graze  • anti-diarrhoea medicines and rehydration sachets.

## **Specific needs**

If you have severe mobility problems and will be driving in the UK or Europe, do you have your Blue Badge?	
If you have a stoma (opening on your tummy), does your accommodation have a private bathroom?	MACMILLAN CANCER SUPPORT
If you have howel or bladder problems, have you ordered a Macmillan toilet	card?





## Useful details to take with you

Translations of important ph				
<b>Tip:</b> You can use a foreign did It is important to be certain to				
Phrase in English		Phrase in fore	ign language	
Type of cancer				
Type of treatment				
List of your medicines	- 4 ".			
Name of medicine (including the drug name)	Dose of medicine (how much you take	<u>=</u> )	How many times a day you take the medicine	
(moroumy the drog name)	(now moon you can		you take the medicine	
Your National Insurance num	ber			
Your passport number				
• Travel insurance helpline nur	nber			
• Travel insurance policy numb	oer			
<ul> <li>Contact details of the British (visit gov.uk/world/embassie</li> </ul>			country you are visiting	
-			Opening times	
<ul> <li>Phone number for emergence</li> </ul>				
Tel				
• Contact details of the neares	st hospital in the coun	try you are visi	ting:	
Address	Tel			
. Dataile of poople to be cont	acted in an amargana	.,,		
• Details of people to be contained.				
Name of person		Name of person		
Relationship to you		Relationship to you		
Address		Address		
Tel		Tel Email		
Email		Email		•••••
<ul> <li>Contact details of your trave</li> </ul>	• •			
Name of company and their r	nedical officer		Tel	
Email	Website	•		



