

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 [gov.uk/foreign-travel-advice](https://www.gov.uk/foreign-travel-advice)?
- 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?

Medicines 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?
- If you have bowel or bladder problems, have you ordered a Macmillan toilet card?

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Useful details to take with you

Translations of important phrases about your health

Tip: You can use a foreign dictionary, translation app or translate.google.com
It is important to be certain that the translation of medical terms is correct.

Phrase in English	Phrase in foreign language
Type of cancer	
Type of treatment	

List of your medicines

Name of medicine (including the drug name)	Dose of medicine (how much you take)	How many times a day you take the medicine

- Your National Insurance number
- Your passport number
- Travel insurance helpline number
- Travel insurance policy number

• Contact details of the British embassy or high commission in the country you are visiting
(visit [gov.uk/world/embassies](https://www.gov.uk/world/embassies) to find these details):

Address **Tel** **Opening times**

- Phone number for emergency services in the country you are visiting:

Tel

- Contact details of the nearest hospital in the country you are visiting:

Address **Tel**

- Details of people to be contacted in an emergency:

Name of person **Name of person**

Relationship to you **Relationship to you**

Address **Address**

Tel **Tel**

Email **Email**

- Contact details of your travel company and their medical officer:

Name of company and their medical officer **Tel**

Email **Website**

