

Travel

Many people who have cancer can [travel](#) without problems. For others, cancer or its treatment may make travelling more difficult. Planning ahead can help you avoid problems. You may find it helpful to use our [planning and packing checklist](#).

Speak to your cancer doctor, specialist nurse or a travel health professional before you make any plans. They can tell you whether travelling may be unsafe or explain how to prepare and what precautions to take. Or you may talk to a GP, practice nurse or travel health professional about your plans. Some GPs and practice nurses do not offer travel health advice, so ask your practice whether this is available. They can give you advice about other clinics or pharmacies in your area that can help.

The Royal College of Physicians and Surgeons of Glasgow (RCPSG) has information about [getting advice](#) if you are planning a trip abroad. It explains what care you should expect from a travel health adviser.

Tips for planning your trip

- If you are still having cancer treatment, it may be possible to change your treatment dates or arrange a break in your treatment.
- Take information about your health with you. Ask your GP or cancer doctor for a letter that explains your diagnosis and treatment. Or if you get copies of your hospital letters, you could take those.
- Get advice about travel [vaccinations](#) at least 8 weeks before you travel. Vaccinations reduce your risk of getting certain infections.
- Find out about [travel insurance](#). This is important if you are planning to travel abroad. It can also be useful for some trips in the UK.
- You can use a [Global Health Insurance Card \(GHIC\) or a European Health Insurance Card \(EHIC\)](#) in some countries to show you have a right to state-provided healthcare. This means you have the right to access the medical treatment a resident of that country would receive at the same price.
- Tell travel companies in advance about any needs you have that could affect your travel. This includes travel agents, airlines, ferry companies and tour operators. In some cases, companies may ask questions to check whether you are fit to travel. You may be asked to complete a medical information form (MEDIF), take a fit-to-fly test or get a letter from your doctor.
- If you are planning a trip abroad, get advice about [medicines](#) you need to take.
- Take [supplies of medicines or equipment](#) to last your whole trip and to cover possible delays.
- [Cover up in the sun](#). Use suncream with a sun protection factor (SPF) of at least 30, and a 4 or 5-star UVA protection rating.
- Always follow the advice you have been given to reduce your [risk of an infection](#). Wash your hands regularly, especially before eating. Follow food and water hygiene advice and be careful about what foods you eat. Try to prevent insect bites.
- It is sensible to think about what you will do [if you become ill](#) while you are away. Being prepared can make things easier and less stressful.

Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on be.macmillan.org.uk such as:

- [Travel and cancer](#).

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line.

Further Macmillan support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm. Or visit macmillan.org.uk where you can [chat online](#) to one of our team.

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

Our free [Macmillan Buddy service](#) can arrange weekly calls or visits with a friendly volunteer who understands what you're going through.

Or if you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#).

Other useful contact details

- Fit for Travel has information on avoiding illness and staying healthy when travelling – visit fitfortravel.nhs.uk
- The Foreign and Commonwealth Office is the government department which supports British citizens abroad – visit fco.gov.uk or call **0207 008 1500**
- The National Travel Health Network and Centre provides free travel health information for travellers and health professionals – visit travelhealthpro.org.uk

Notes and questions
