

# Checklist

Tick or cross the box against each point



## Before you book

- Have you checked with your GP or health care professional that you are well enough to travel?
- Is your preferred destination suitable? Think about terrain, access and the cost of travel insurance.
- If you need oxygen, have you spoken to your GP or oxygen provider about how you will get it while you are away?
- Have you looked into your travel insurance costs? They could be a significant part of your budget. Remember to tell your travel insurer about all your pre-existing medical conditions.
- If you plan to travel by coach or ferry, have you checked that the on-board facilities are accessible?
- If you plan to travel by air, have you checked the oxygen policies of the airline you wish to travel with before you buy your tickets?

## Before you travel

- Have you planned your route from door to door? Think about how far you will have to walk unaided, how many stops you might have to make and what disabled access is like at your destination. The RAC and the AA both offer free online route-planning services.
- Have you made sure you will have enough of your regular medication to see you through your trip, including extra to cover any delays?

- Have you arranged emergency antibiotics, if necessary, for while you are away?
- Have you prepared a list of the medication you take, including emergency antibiotics, in case you need more during your holiday or you need to show a doctor if you're taken ill?
- Have you completed and returned any fitness to travel documents your travel provider has requested?
- Have you thought about any allergies you have? If you are allergic to feathers, ask your accommodation provider if hypoallergenic bedding is available.
- Have you pre-booked any travel assistance you might need, for example help getting from the airport departure lounge to the boarding gate if you're travelling by plane, or a wheelchair to get you from the station platform to the exit if you're going by train?

## During your holiday

- When you arrive, locate the nearest medical facility and check its opening times.
- Keep a list of your medication and your travel insurance documents in a safe place.
- If you start to feel unwell, seek medical advice quickly and make sure any medication you are given is allowed back in to the UK.