

## travel tips

### **A cancer diagnosis doesn't mean you should stop living your life.**

However, traveling with cancer may take a bit more planning to ensure you get to and from your destination with little hassle. Below are tips for helping to make the most of traveling no matter the occasion.

**Talk with your cancer care team first.** It's always best to clear any travel, especially air travel, with your care team. Surgeries, medication regimen, even airplane oxygen levels or pressure changes may be of concern.

**Bring your medical records.** Ask your doctor or health care provider for a complete summary of your records and most recent lab tests before you leave. Should you need to visit a physician who is unfamiliar with your medical history, this can help bring them up to speed.

**Contact your insurance company.** Before traveling, connect with your health insurance company and ask if they will cover medical care at your destination and about any differences in co-pay. It's also good to ask if there's a preferred hospital near your location, or any health care providers who fall under your policy. If you're traveling abroad, ask your insurance agent about any additional tips they recommend. Some may recommend travel health insurance. Don't forget to pack your health insurance card!

**Pack your medications.** It's important to pack enough medication to last the duration of the trip. It may be helpful to ask your oncologist to prescribe extra in case of a delay in travels. Pack medications in your carry-on if traveling via plane to ensure they don't get lost, and make sure that all medication is packaged in the original prescription bottle from your pharmacy, with the pharmacy label attached. If traveling internationally, pack a list of the generic and brand names of all the drugs you are taking.

**Contact the airline, if flying.** If you require oxygen or have additional needs during your flight, contact the airline in advance. This allows everyone ample time to prepare and creates a smoother flying experience for you. Confirm the use of assistive devices 1-2 days prior to traveling.

**Locate nearby hospitals.** Before you leave, write down the nearest hospitals where you may be visiting. Ask your oncologist if they have any recommendations for care providers near your travel destination or along the way.

**Protect yourself from unwanted illness.** If traveling by public transportation, such as a plane or train, the use of a medical mask may be necessary.

**Practice safe sun habits.** Certain anti-cancer medications can make skin more sensitive to the sun and heat. Try to avoid midday sun exposure, wear a wide brimmed hat, and be sure to apply sunscreen often.

**Get plenty of rest.** Be sure to take care of your body while traveling. Listen to your body and rest when necessary. It may also be important to schedule in rest time throughout the day to keep from becoming overly tired.

**Make a copy of all travel information.** Make a copy of hotel information, transportation, and your itinerary. Keep a copy in your carry-on luggage and share a copy with a family member or trusted friend in case of emergency.

**Start packing in advance.** Use the "Travel Checklist" as a guide to help make packing easier.

# travel checklist

## Cancer

### Travel Documents

- Passport
- Travel Visa
- Driver's License
- Boarding Pass/Tickets
- Transportation Information
- Hotel Information

#### [TSA Notification Card](#)

### Medical

- Insurance Cards  
(include both medical and prescription insurance cards)
- Insurance Company's Phone #
- List of Medications with Brand Name and Generic Name
- Emergency Contacts
- Medications in Original Packaging with Pharmacy Labels
- List of Local Pharmacies and Hospitals in the Area You're Visiting
- Refills of Medications, if necessary

### Food

- Reusable Water Bottle
- Healthy Snacks
- Non-Perishable Foods to Help with Side Effects:
  - Ginger Chews or Ginger Gum
  - Lemon Drops
  - Plain Crackers
  - Electrolyte Sport Beverage
  - Fiber Packet
  - Chewing Gum

### Electronic Items

- Cell Phone
- Laptop or iPad
- Phone Charger
- Computer Charger
- Headphones

### Clothes

- Extra Underwear
- Pajamas
- Comfortable Walking Shoes
- Water Shoes
- Sun Hat or Baseball Cap
- Functional Socks
- Warm and Fuzzy Socks

### Toiletries

- Toothbrush
- Toothpaste
- Floss
- Shampoo & Conditioner
- Lotion
- Shave Cream
- Contact Solution (if applicable)
- Extra Contacts
- Eye Glasses
- Lip Balm
- Antacids (if needed)

### Other

- Travel Pillow
- Travel Blanket
- Comfortable Carry-On Bag
- Book or Magazines
- Sleep Mask

### Important Travel Resources

#### Websites

##### [TSA Travel Information](#)

Provides a detailed section regarding traveling with various health conditions

##### [CDC: Traveler's Health](#)

Provides information about travel health, recommendations for traveling to different countries, and other health-related travel information.

##### [Scootaround](#)

North American scooter and wheelchair rental company

##### [Special Needs Group/Special Needs at Sea](#)

Offers a variety of equipment rental options for cruises, hotels, and air travel

#### Apps

##### [Travelwell](#)

International travel app

##### [CDC Yellowbook 2018](#)

Provides medical advice and travel tips, maps, and ability to take notes