

## **Your own travel checklist**

*(Photocopy and tick it off for each trip)*

### **Packing:**

- 'Pull-along' bag* with wheels and preferably a back pack as hand luggage in the plane. If using a shoulder bag ensure it has a broad shoulder strap for carrying.
- Pack 'light'* - Minimise heavy shoes, have mix and match clothes. Take one good coat and wear onto the plane.
- Pack loose comfortable clothing* for plane travel. No tight waistlines.
- Extra light cardigan* for when its cool in the plane.
- Neck cushion* - available at the airport shops.
- Face mask or use a loose scarf* in case someone near you has a bad cough or cold.
- Request a travelling companion to lift all the bags* (when appropriate).
- Read section on 'Bracing' (page 21)* before you leave. Brace before all lifting.
- Airline travel socks* to help prevent DVTs.
- Purse pack of flushable toilet wipes* (available in the toilet paper aisle) & also antiseptic wipes - good for wiping down public toilets to avoid hovering.
- Have a *glycerol suppository* if required (*page 67*) either the night before or early in the morning prior to flying. Take them for constipation on the holiday.
- Talk to your doctor about the following medications -**
  - anti-emetics* (anti vomiting).
  - anti-diarrhoea*.
  - anti-constipation* (fibre, osmotic laxatives such as Movicol or Osmolax).
  - glycerol suppositories or Microlax® enemas*.
  - all usual *scripts* (and a letter from your doctor listing them).
  - aspirin* for prevention of DVT's (discuss with doctor).

### **On the plane:**

- Pay attention to airline instructions* regarding prevention of deep vein thrombosis (DVT's) and do half hourly leg and ankle exercises while awake.
- Walk the aisles* regularly.
- Eat lightly and avoid caffeinated and alcoholic drinks*.
- Drink water* and keep well hydrated.
- Try to sit properly for bladder and bowels* when using the plane toilet .

### **When landed at your destination:**

- Use soluble fibre daily & maintain fluid intake* -can be deficient when travelling.
- Use hand support over your perineum* (around the vagina) if vomiting.
- Set up footstools* such as spare toilet rolls or telephone directories in your hotel room so you can evacuate your bowels easily when travelling.
- Be aware of the local customs* regarding toilets, check with your hotel about cost and availability of toilets. Some cities have toilet maps as an app for your smart phone which can be down-loaded prior to your trip.