

My Pre-Trip Planner

*"Plan with confidence, travel at your own pace,
and enjoy the journey."*

INSIDE THIS PLANNER

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Travelling with Health Challenges

My Pre-Trip Planner

"Plan with confidence, travel at your own pace, and enjoy the journey."

Destination:

Travel dates:

Who I'm travelling with:

✦ BEFORE YOU GO — Health & Documents

- | | |
|--|--|
| ☐ Medication amount for exact trip days | ☐ GP letter confirming condition & medication |
| ☐ Extra buffer days packed (at least 3+) | ☐ Copy of prescription in bag |
| ☐ Medication in hand luggage. Not in the hold | ☐ Translation of documents if needed |
| ☐ Original packaging with prescription label | ☐ Photo of all documents saved to phone |
| ☐ Travel companion knows where medication is | ☐ Medication legal / allowed at destination |

✦ BEFORE YOU GO — Travel Insurance

- ☐ All conditions fully and accurately disclosed
- ☐ Medical cover limit checked (actual figure, not just "included")
- ☐ Repatriation cover confirmed specifically
- ☐ Cancellation & curtailment cover in place
- ☐ 24-hour emergency assistance line noted
- ☐ Specialist insurer considered if needed

Insurer name & emergency number:

Policy number:

✦ BEFORE YOU GO — Mobility & Packing

- | | |
|---|--|
| ☐ Destination terrain researched (steps, hills, cobbles) | ☐ Mobility aids packed (stick, brace, supports) |
| ☐ Walking distances assessed honestly | ☐ Airport assistance requested (48hrs+ before) |
| ☐ Footwear chosen for comfort & support | ☐ Seat chosen: aisle / near facilities |
| ☐ Clothing: breathable fabrics for climate | ☐ Comfortable layover time allowed |
| ☐ Layers packed for temperature changes | ☐ Small budget set aside for clothing if needed |

✦ BEFORE YOU GO — Money & Safety

- | | |
|--|---|
| ☐ Mix of cards, cash & travel money sorted | ☐ Phone plan abroad confirmed (roaming / SIM) |
| ☐ Bank notified of travel dates & destination | ☐ Itinerary shared with someone at home |
| ☐ Foreign transaction fees checked | ☐ Local emergency number noted |
| ☐ Funds split across different bags / people | ☐ Nearest hospital / pharmacy location checked |
| ☐ Unexpected-costs buffer set aside | ☐ Embassy contact number for destination saved |

✦ BEFORE YOU GO — Destination & Culture

- | | |
|---|---|
| ☐ Typical day terrain & walking researched | ☐ Government travel advisory checked |
| ☐ Accessibility reviews from similar travellers read | ☐ Medication legal / documented at destination |
| ☐ Climate & humidity checked for my needs | ☐ Events & festivals during trip dates checked |
| ☐ Local customs & etiquette checked | ☐ Accommodation accessibility confirmed directly |

✦ THE JOURNEY — Airports & Getting Around

- | | |
|---|---|
| ☐ Airport assistance booked in advance | ☐ Assistance pass / reduced-mobility support checked |
| ☐ Extra time built in at every stage | ☐ Buffer time in itinerary for first days |
| ☐ Arrival transfer pre-booked | ☐ Hire car vs public transport researched |
| ☐ Trusted taxi / transport company noted | ☐ Offline translation app downloaded & tested |
| ☐ Accessible public transport researched | ☐ Medical ID / alert bracelet / phone lock-screen note |

✦ THE JOURNEY — Accommodation

- ☐ Accessibility confirmed beyond the listing label (photos, direct contact)
- ☐ Specific needs communicated in writing before arrival
- ☐ Ground floor / lift access confirmed
- ☐ Location: proximity to pharmacy, transport & food checked
- ☐ Accessible toilet locations researched / app downloaded
- ☐ RADAR key or local equivalent obtained if needed

✦ THE JOURNEY — Fatigue, Routine & Staying Well

- | | |
|---|---|
| ☐ What matters most this trip decided in advance | ☐ All-inclusive or easy meal option considered |
| ☐ Rest days built into itinerary from the start | ☐ Excursions assessed before committing |
| ☐ My early fatigue signals known & respected | ☐ Help & assistance accepted where offered |
| ☐ Medication schedule kept consistent while away | ☐ Recovery day built in mid-trip if needed |
| ☐ Regular meals & hydration protected | ☐ Menus / allergens researched before eating out |

✦ THE JOURNEY — Safety on the Move

- ☐ Someone at home has my itinerary & accommodation details
- ☐ I know the local emergency number for my destination
- ☐ I have a simple way to contact home from anywhere
- ☐ I've given myself permission to trust my instincts & slow down
- ☐ I know what I'd do if something went wrong

✦ COMING HOME — Recovery

- | | |
|--|---|
| ☐ Buffer day at home before "real life" resumes | ☐ Home left secure before leaving |
| ☐ People around me warned a crash might happen | ☐ Pets arranged for |
| ☐ Easy meals sorted for return (freezer / delivery) | ☐ Someone knows my return date |
| ☐ Post redirected or collected if needed | ☐ Reflection notes written while fresh |

"However far you get — that's far enough. Not as a consolation, but as the whole point."

✦ IMPORTANT NOTES FOR THIS TRIP

MY ENERGY BUDGET — what matters most on this trip

(List 3–5 things you'd most regret missing — protect your energy for these first)

KEY CONTACTS & EMERGENCY INFORMATION

Local emergency number:

Nearest hospital:

Nearest pharmacy:

Embassy / consulate:

Travel insurer 24hr line:

Policy number:

Emergency contact at home:

Their number:

MEDICATION REMINDER

Medication name	Dose	Time(s)	Packed?

✦ AFTER THE TRIP — Reflections for Next Time

What worked well:

What I'd do differently:

Your journey doesn't have to look like anyone else's.

Your way. Your pace. Your journey.

A companion to Travelling with Health Challenges

With warmth and belief in you,

Tee Sterling