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travel tips

Crohn's disease and ulcerative colitis

The thought of traveling with Crohn's disease or ulcerative colitis can be stressful or overwhelming. However, following a few simple tips can help make vacations or work trips easier to navigate.

What to Bring
Pack enough medication to last the whole trip + a few extra days
Keep medications in original containers when flying
Carry a list of all your medications and when to take them
If traveling overseas, research the name of the drug in that country and include that in your medication list
If applicable, contact the place of lodging to ensure a fridge is available to stock medications that need to be kept cold
Carry your insurance information and the insurance company's phone number
Pack sunscreen if planning on being outside; certain prescriptions increase sensitivity to sun exposure and risk for burns
Pack items to keep you distracted and reduce stress, such as books, music or games
Pack "safe foods," non-perishables you can comfortably enjoy

Dietary Tips
Request special meals when applicable
Consider eating after arriving at your destination, instead of while traveling, to avoid an unanticipated bathroom incident

Always
Continue to follow your treatment plan provided by your health care provider
Request an aisle seat on planes, trains or buses
Map out pharmacies in the area you will be staying and document hours of operation
If flying, arrive at the airport a few hours early to allow plenty of time for restroom use and to keep stress levels to a minimum

Create an Emergency Kit*
Toilet Paper
Hand Sanitizer
Water
Flare-Friendly Food Items
Medicine
*Keep this in your briefcase, purse or carry-on

Plan Bathroom Routes
Sit or Squat App by Charmin®
AAA® travel agents can help to map travel routes with restroom stops

Foreign Restrooms
Know the lingo for the word "toilet" or "restroom" in the local language
Carry the country's currency to use for restrooms requiring payment

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Travel Documents

- ○ Passport
- ○ Travel Visa
- ○ Driver's License
- ○ Boarding Pass
- ○ Transportation Information
- ○ Hotel Information
- ○ TSA Notification Card

Medical

- ○ Insurance Cards
  (be sure to include both your medical and prescription insurance cards)
- ○ List of Medications
- ○ Signed Note from Doctor
- ○ Emergency Contacts
- ○ Medications in Original Packaging with Pharmacy Labels
- ○ Letter of Medical Necessity from your doctor if liquid medications or nutritional supplements are more than 3 oz
- ○ Refills of Medications, if necessary
- ○ Preventive Medications
  (antibiotics, anti-diarrheal drugs)
- ○ Insulated Cooler or Lunchbox to Tote Medications, if necessary

Bathroom Essentials

- ○ Travel-Sized Toilet Paper
- ○ Soothing Wipes
- ○ Plastic bags (for soiled clothes)
- ○ Changes of Underwear/Pants
- ○ Hand Sanitizer
- ○ Ostomy Supplies, if needed

Food

- ○ Reusable Water Bottle
- ○ Tolerable Meals/Snacks

Electronic Items

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

Clothes

- ○ Appropriate Pants
- ○ Appropriate Tops
- ○ Jacket
- ○ Underwear
- ○ Pajamas
- ○ Comfortable Walking Shoes
- ○ Sun Hat or Baseball Cap
- ○ Socks

Toiletries

- ○ Toothbrush
- ○ Toothpaste
- ○ Soap
- ○ Shampoo & Conditioner
- ○ Lotion
- ○ Shave Cream
- ○ Deodorant
- ○ Contact Solution (if applicable)
- ○ Extra Contacts
- ○ Eye Glasses
- ○ Hand Cream
- ○ Antibacterial Wipes or Gel

Other

- ○ Travel Pillow
- ○ Travel Blanket
- ○ Comfortable Carry-On Bag
- ○ Book or Magazines

Important Travel Resources

Websites

2018 Amended Americans with Disabilities Act
Provides information on non-discrimination polices

TSA Travel Information
Provides a detailed section regarding traveling with various health conditions

CDC: Traveler's Health
Travel and health info, 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