

A Bigger Life

Holiday checklist

Going away? Take the stress out of packing and make sure you have got everything you need using our handy holiday checklist.

- Passport
- Travel Certificate - it explains your condition, the medical supplies you are carrying and why you might need privacy as you go through security
- Insurance - check that your policy covers your stoma and any medical conditions that you have
- Contact details of your stoma care nurse
- Contact details of the local medical centre near your holiday destination
- Contact details of your supplies delivery company
- Contact details of your insurance company
- Ostomy supplies in your hand luggage - ensure you have enough to last the holiday and extra supplies incase of emergencies
- Wipes and disposal bags in hand luggage
- Scissors and deodorants in a bag to go in hold
- Smaller pouches for swimming
- Small holder for pouch changes when you are out and about on your holiday with everything that you need to change your pouch
- It is a good idea to buy water at the airport for the journey