



# IrritableBowelSyndrome.net

## THE ULTIMATE TRAVEL CHECKLIST

Trip Name: \_\_\_\_\_

### PREPARATION FOR DESTINATION

*To the best of your ability, try to plan for this well in advance of your travels.*

#### ACCOMMODATION

- ☐ Choose a single room with easy access to bathroom (if possible)
- ☐ Have access to kitchen facilities (if possible)
- ☐ If accommodation offers food, check menu beforehand

#### NEARBY FACILITIES

- ☐ Locate nearest pharmacy
- ☐ Locate nearest grocery store
- ☐ Locate accessible bathrooms
- ☐ Locate restaurants/cafes that serve IBS-friendly foods

#### AT HOME

- ☐ Check medicine supply
- ☐ Doctor's contact info
- ☐ Emergency contact info
- ☐ Pharmacy contact info
- ☐ Order/Pick up RX
- ☐ Research pre-boarding process
- ☐ Research luggage policy
- ☐ Check ID's expiration dates
- ☐ Arrange pet sitter/house sitter
- ☐ Water plants
- ☐ Hold mail
- ☐ Pay bills in advance

#### OTHER CONSIDERATIONS

- ☐ Fastest mode of transportation (limited transit time, if possible)
- ☐ Translation cards (if required)
- ☐ Attractions/Guidebook(s)
- ☐ Check weather forecast
- ☐ Charge electronics
- ☐ Check in for flight online
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### PACKING LIST

*As you put these items into your suitcase, simply check it off the list*

*Note: to reduce the travel stress, it may be better suited to pack a few days in advance (vs. the night before)*

#### CLOTHES

- ☐ Dresses or skirts
- ☐ Shorts/pants with elastic waistbands
- ☐ Slightly loose pants & shorts
- ☐ Loose-fitting jacket
- ☐ Loose-fitting tops
- ☐ Yoga pants/sweat pants
- ☐ Extra underwear
- ☐ Extra pair of loose-fitting pants
- ☐ Comfortable shoes & socks
- ☐ Rain gear
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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#### OTHER ITEMS

- ☐ IBS -Friendly Travel Snacks
- ☐ Toiletries and make-up
- ☐ Ticket & itinerary
- ☐ Passport or other forms of ID
- ☐ Money & credit cards
- ☐ Phone & charger
- ☐ Laptop (if required)
- ☐ Book/Magazine
- ☐ Music or Podcasts
- ☐ Headphones
- ☐ Camera & charger
- ☐ Travel pillow
- ☐ Hat
- ☐ Sunglasses
- ☐ Watch
- ☐ \_\_\_\_\_
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#### EMERGENCY ITEMS

- ☐ Laxatives and/or Anti-diarrheal medications
- ☐ IBS prescription medication
- ☐ Non-IBS related medications
- ☐ Doctor's note for medications (if required)

#### **\*IMPORTANT\***

**Put medications in carry on luggage**

- ☐ Soothing tea packets (peppermint, ginger etc.)
- ☐ Sealable bags for soiled clothes
- ☐ Wet wipes
- ☐ Hand sanitizer
- ☐ Heat pack
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Enjoy Your Trip!**