



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
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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
- _____
- _____
- _____
- _____
- _____

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!