

## LIST OF THINGS TO DO BEFORE YOU LEAVE\*

- Servicing of all devices you use for nutritional therapy
- You should be equipped with basic spare parts, backup battery and cables which you can replace on your own and which may be useful in case of damage, exhaustion or loss.
- You should check what power outlets are used in the country you are going to. You should prepare appropriate adapters, which may be necessary for charging your electrical devices.
- Discharge reports with the description of your disease. It is advisable to translate the most important information into the language of the country to which you are travelling or into English. In order to avoid extra baggage, you can scan the documentation and upload it into a phone, USB flash drive or put it on a secure virtual disk.
- Insurance – health services vary in particular countries or insurance institutions. Therefore, you should check if your health insurance covers the costs of treatment and hospital stays at your destination. If not, it is advisable to take out short-term travel insurance which will take into account the chronic nature of your disease and will help you to avoid the enormous costs of possible treatment and hospital stays abroad.
- A list of phone numbers to for your doctor, nurse or your nutritional center in case of emergency. It is advisable to insert the information into your mobile phone or have it close at hand in your wallet.
- Contact details for your doctor, center or medical representative of the country where you are going. It is advisable to contact them in advance to know what assistance you can expect if necessary.
- Prepare a plan of action in case of an emergency situation
- Inform a travel companion of the steps that should be undertaken in an emergency situation. You should make sure that the person has access to phone numbers for the most important people.
- Pack your medical supplies according to the checklist.
- Prepare packaging for transporting nutritional formulas that will ensure appropriate temperature and safety during transport. Compounding bags require storage in the temperature range of 2-8°C .
- Put a sufficient number of ice packs in the freezer for the cooling system to ensure appropriate temperature. Make sure that the ice packs are put in early enough to freeze.

- Prominently attach a piece of paper with your contact details and current phone number to the packaging of the nutritional formulas.
- Prepare a medical certificate signed by your doctor.
- Plan a possible delivery of preparations and dry equipment to the address where you are staying.

\*Suggestions are a recommendation of HPN long time patient Marek Lichota.