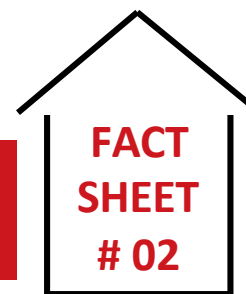


Travel Checklist



Please use this checklist as a guide to help you prepare for any upcoming holidays

Member Top Tips

- Before your trip find out where the nearest Haemophilia Centre is located in relation to where you are staying. The World Federation of Haemophilia has a dedicated search engine to enable you to find this information and take it with you while you are away. Check out the World Federation of Haemophilia's Global Treatment Centre Directory for a list of all the centres around the world – find an address or a person: <https://www.wfh.org/en/page.aspx?pid=1264> Or use EUHANET to locate Haemophilia services <https://www.euhanet.org/centrelocator/>
- Ensure you have a GHIC card (Global Health Insurance Card which replaced the European version EHIC). This covers medically necessary state-provided healthcare abroad at a reduced cost or, in many cases, free of charge until your planned return home. This includes treatment of a chronic or pre-existing medical condition that becomes necessary during your visit. These cards are free of charge and can be obtained from the NHS website [Get healthcare cover for travelling abroad - NHSBSA](#) please note that this card only covers you in EU Countries it does not cover you in Norway, Iceland, Liechtenstein or Switzerland.

Checklist

Things to remember

✓	Travel Insurance Policy which includes details of declared medical conditions
✓	Bleeding Disorders Card
✓	Copy of your most recent clinic letter
✓	Enough medication and associated supplies for the duration of your stay and any extended or unexpected stay
✓	Enough medication and associated supplies for on demand treatment if a bleed should occur
✓	Take travel letters with you from your Centre to allow you to carry medication in your hand luggage during your flight (It may get lost if placed in the hold)
✓	Anything that brings comfort to your child as part of their usual routine
✓	MOST IMPORTANTLY - Have a great time and make plenty of memories

If you do need any further support before or during your holiday, please contact us via email or via our social media platforms.



www.bleeding-disorders.co.uk



Developed by *Local families with bleeding disorders* as a service to members.

This document does not represent medical guidance.

Always consult your clinical care team for medical advice and support.

Local families with bleeding disorders is a registered charity in England and Wales (1186979).

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