

You have chosen not to allow sickle cell to limit you. You have chosen to live your life and see the world.

With preparation and careful precautions, everything should go smoothly. This brochure gives hints and tips on how to prepare in order to maximize your experience, whether traveling by car, plane, bus, boat, or train, traveling has some potential triggers/challenges to be aware of. Proper preparation will minimize the chances of a crisis or other complications. There are some important things we would like you to keep in mind.

Potential Travel Triggers

- ◆ Barometric pressure
- ◆ Change in temperature
- ◆ Air quality
- ◆ Altitude
- ◆ Stressor — good or bad
- ◆ Long periods of immobility
- ◆ Anxiety
- ◆ Changes in sleep patterns
- ◆ Changes in your healthy routine



“LIVING WELL WITH SICKLE CELL”

TRAVEL TIPS for PATIENTS with SICKLE CELL

A Few Good Tips

- ◆ **Have a travel partner if possible**
- ◆ **Buy Travel Insurance; Repatriation Insurance if traveling outside the US**
- ◆ **Keep your ID/passport safe and handy**
- ◆ **Keep your Medical Letter/insurance cards handy**
- ◆ **Most Importantly—ENJOY!!**

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BUILD UP YOUR IMMUNE SYSTEM

Focus on getting as healthy and strong as possible.

- ◆ Consider adding Chloroxygen
- ◆ Anti-oxidants
- ◆ Anti-inflammatories
- ◆ Anti-bacterial foods
- ◆ Add exercise to your regimen
- ◆ Watch for fevers or any changes in your overall health

REMEMBER!

HYDRATE! HYDRATE!

Start increasing your fluids a week before the trip. Include beverages with electrolytes—coconut, vitamin, or alkaline water; juices—tart cherry, pineapple, carrot, beet, ginger, parsley

HOW MUCH??

Match your body weight in ounces of water or other liquids listed above

MAINTAIN HEALTHY REGIMEN

- ◆ Get plenty of sleep, exercise, take daily meds and vitamins, meditate
- ◆ Minimize stress—it weakens your immune system making it easier for you to get sick

3 MONTHS BEFORE THE TRIP

- ◆ Make a Check List of “Things to Do”
- ◆ See Your Medical Team
 1. Get a complete evaluation
 2. Most recent blood work; blood type; known antibodies
 3. Treatment Plan
 4. Vaccines required for where you’re traveling
 5. Get a Medical “Passport Letter” about your condition and Care Plan
 6. Summary of past six months treatment
 7. See your specialist for complications - PVT, AVN
 8. Contact SCDA/ PDVC for nearest sickle cell organization where you’re traveling

1-2 MONTHS BEFORE

- ◆ Select hotel—sauna, gym, heated pool, close to drug store/pharmacy, medical staff
- ◆ Locate hospital — experience with sickle cell, best route to hospital from hotel
- ◆ Research weather, altitude,
- ◆ Have car thoroughly checked. Consider a rental
- ◆ Check climate where you’re going to de-

TWO WEEKS BEFORE

- ◆ Maximize your success—Review your Check List
- ◆ Pack - Start process early; make sure luggage/carry-on are functional, easy to carry, e.g. swivel wheels
- ◆ Verify your ticket details
- ◆ Get local currency for foreign travel
- ◆ Renew all medications; keep in original containers; keep cool and dry

NIGHT BEFORE/DAY OF

- Everything should be packed except what you need for tonight and the morning
- Get a good night’s sleep
- Eat something light and healthy before departure
- Notify personnel on plane/train of your medical status, in case you need assistance
- Evenly distribute weight of what you are carrying
- Identify who can help if needed
- Allow enough time to arrive at airport

CLOTHING

- ◆ Wear loose clothing and hooded top
- ◆ Compressive clothing for different altitudes
- ◆ Scuba suit for swimming
- ◆ Different layers for temperature changes
- ◆ Loose-fitting, non-irritant clothing

CARRY-ON BAG

- ◆ Meds in original bottles
- ◆ Count pills to make sure you have enough
- ◆ Medical “Passport Letter”
- ◆ Water
- ◆ Alternative modalities—heat warmers, topical ointments, aromatherapy, music, wraps
- ◆ Sanitizer, wipes
- ◆ Healthy snacks

