

Tips for Traveling



Planning

Check in with your HTC or other healthcare provider to ensure you are good condition to travel.
Visit the travel clinic to see if you are up to date on all of your vaccinations.



Travel Letter

Contact the HTC to provide a letter to help you move through airport security with your medications.



Medication and Supplies

Label a separate carry on with all your medication and supplies. This will be exempt from airline baggage restrictions.
Expect delays! Make sure your medications are stored appropriately to accommodate long travel days.



Local HTCs or Hospitals

Research where the closest hospital or HTC is near your destination.



Medical Information

Keep a copy of your medical information with you.
Wear your medical alert jewelry in case of emergencies.



Visit these sites for more information and tips on traveling.
[Travel Safe with a Bleeding Disorder | CDC](#)
[Travel | Steps for Living \(hemophilia.org\)](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.