

Your holiday checklist

Before departure

For any holiday

- Make your needs clear to your tour operator, travel agent or hotel. Ask for written confirmation of any agreements you make. Re-confirm these before you leave for your trip.
- Request or hire any special equipment you may need while you are away.
- Arrange your travel insurance as soon as your trip is booked. Check your insurance covers pre-existing medical conditions, as well as your medication and any equipment you have.
- Talk to your GP, specialist or Parkinson's nurse about:
 - getting a letter or medical certificate that explains you have Parkinson's and lists the medication you are taking. It should also include any other medical equipment, including needles and syringes, and electronic devices you are using.
 - getting a prescription for extra medication to cover more than the length of your trip.
 - the best way to take your medication while you're travelling, especially if you're going abroad, and after you reach your destination.
 - whether airport scanners could affect things like your pulse generator for deep brain stimulation.
 - whether any travel vaccinations you need could affect your medication.
 - whether your medications are heat or sun sensitive and may need special storage facilities.You can also speak to one of the nurses on our helpline for advice.
- Order a Parkinson's UK alert card, or MedicAlert pendant or bracelet, which can be helpful if you can't communicate in an emergency.

Extra things to consider if you are travelling abroad

- Make sure you have a current European Health Insurance Card.
- Check with the embassy or High Commission of the country you're visiting to see if they have any restrictions on taking your medication into the country.
- Check if you can get your specific drugs in the country you're travelling to. Drugs may have different names in different countries. The drug company should be able to advise you on this.
- Arrange assistance with your airline or train operator if you feel you need it - usually 48 hours before you travel.
- If you are driving in Europe and have a Blue Badge, find out about parking rules in the country you are visiting.
- Find out how to tell someone you have Parkinson's in the local language, in case you need to. The European Parkinson's Disease Association has an online tool that can help.
- Check the cost and availability of using your phone while you are away, if you use any apps to help you manage your Parkinson's.

Packing for your trip

Don't forget

- Copies of confirmed arrangements you have made with your tour operator, travel agent or hotel.
- A letter or medical certificate from your GP, specialist or Parkinson's explaining the medication you are taking, and any other medical equipment and electronic devices you are using.
- A prescription for extra medication covering your trip.
- Your medication in its original packaging. This should be packed in your hand luggage.
- Your European Health Insurance Card.
- Your Blue Badge, if you plan on driving in Europe.
- Any aids you rely on, including mobility equipment.
- A Parkinson's UK alert card, or MedicAlert pendant or bracelet.
- A translation of how to tell people in the country you are visiting that you have Parkinson's.