

Travelling after cancer treatment (UK)

A calm, practical UK-focused travel checklist.

For some people, planning a trip after cancer treatment feels like a milestone; for others, travel resumes until a few unexpected stumbling points appear. Thoughtful planning can make UK travel feel supportive rather than draining.

Before you book

- Choose dates and duration that suit your energy.
- Consider flexible bookings or cancellation cover.
- Think about proximity to facilities.

Getting around

- Allow extra time for journeys.
- Ask for help with luggage if lifting is difficult.
- Plan rest breaks.

Hidden challenges

- Be realistic about walking distances.
- Protect surgical sites and hernia risk.
- Acknowledge fatigue and sensory overload.

Toilets & access

- Use a RADAR toilet key if needed.
- Check accessible routes and seating.

Important note

This guide is intended as general information only and is not a substitute for medical, insurance or legal advice. Everyone's situation is different, particularly after cancer treatment. If you have concerns about your health, fitness to travel or insurance cover, please speak with your medical team and insurance provider before making plans.

Use what feels helpful, ignore what doesn't, and trust your body's signals.