

# Travelling abroad after cancer treatment

*A calm, practical checklist for overseas travel.*

Travelling abroad after cancer can feel exciting and daunting at the same time. Preparation helps reduce stress and supports your body and nervous system while you're away.

## Before you book

- Declare cancer history to your insurer.
- Check medical, cancellation and repatriation cover.
- Ask if a fit■to■travel letter is needed.

## Documents & health

- Carry insurance details and emergency numbers.
- Pack GHIC/EHIC if travelling in Europe.
- Keep a medication list accessible.

## Flights & transport

- Request airport assistance if helpful.
- Allow extra time for connections.
- Choose seating for comfort.

## Energy & comfort

- Build in rest days.
- Avoid heavy lifting.
- Pack layers and comfort items.

### 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.*