

Travelling after cancer treatment

A gentle planning guide to support calm, comfort and confidence.

Travelling after cancer can feel like a milestone — or something you step back into before realising that preparation matters. This guide helps you think ahead without overthinking.

Reflective questions

- What parts of travel feel most demanding for me right now?
- What would make travel feel 10% easier?
- Where might I need extra support or flexibility?

Gentle reminders

- Preparation supports the nervous system.
- You're allowed to pace, rest and change plans.
- Travel doesn't have to look like it used to.

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.