TRIO'S SUMMER HOLIDAY CHECKLIST

Having a stoma should not prevent you from enjoying a holiday abroad (or even at home). As long as you are prepared and have planned for your trip you will be fine. Try using our checklist below to help you pack!

- ☐ Passport — Passport no.
- ☐ Visa (if required)
- ☐ Travel Certificate — Signed and stamped by GP?
- ☐ Pre-order meal on flight — Specific dietary requirements?
- ☐ Additional stock ordered and pre-cut — Date ordered

- ☐ Change kit for plane
  - Spare pre-cut pouches
  - Spare pre-cut pouches for return
  - Wet wipes
  - Disposal bags
  - Hand sanitiser (50ml)
  - Trio Elite® Silicone Adhesive remover (50ml)
  - Trio Pearls® Gelling and odour control sachets (for Ileostomates)
- ☐ Spare clothes in cabin bag — Spare underwear, A top, Loose trousers, Carrier bag
- ☐ Hydration sachets

St Mark's Solution
- 6 tsp Glucose
- ½ tsp Baking soda
- 1 tsp Salt
- 1 litre cold water

- ☐ Loperamide
- ☐ Scissors (check-in luggage)
- ☐ Trio Silex® Flange extenders
- ☐ Swimming gear
- ☐ Trio Elite® Adhesive remover
- ☐ Sun glasses
- ☐ Sun cream
- ☐ Trio Elisse® Skin Barrier

Really good for Bites, Prickly Heat and Heat Rashes.

- ☐ Useful numbers — Int tel no:
- ☐ Delivery company details — Email address:
- ☐ Holiday insurance — Policy no:
- ☐ GP surgery — Int tel no:
- ☐ Hotel — Tel:
- ☐ Name:
- ☐ Tel:

CLICK HERE FOR YOUR FREE SAMPLE