

For people with a hepatic GSD, travelling is a wonderful thing to do but planning can make all the difference for a successful trip.

Planning to travel:

Where to stay:

- Research the accommodation you wish to book, to make sure your needs can be met.
- If necessary, confirm whether dietary needs, ground floor accommodation, ramped access, a wet room, grab rails, shower chair, profiling bed, hoist, disabled parking, and charging points for wheelchair, scooter or medical equipment are available.

If you have questions, speak directly with the provider so there are no unpleasant surprises when you arrive.

Travel insurance:

- It's a good idea to take out travel insurance for each person in your party at the time of booking your holiday. If you have a medical condition(s) you will need to go through medical screening. This will ensure that if something happens between booking and going on your holiday, and you subsequently need to cancel, you are covered.
- Remember that ALL medical conditions must be declared. Failure to do so, could result in hefty medical bills and it could also invalidate your policy.
- Shop around. It's worth getting 3 quotes.

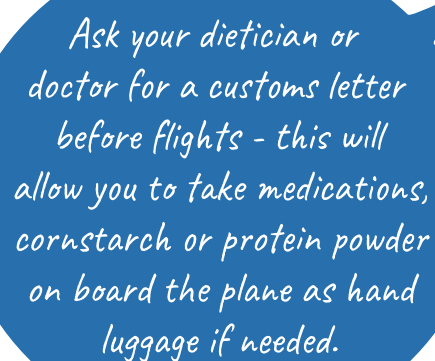
Using transport:

If travelling by train in the UK, Passenger Assist is a service available to people living with a hepatic GSD. Just contact the train company you're starting your journey with, and they will arrange assistance to support you getting on and off trains and with connections. www.nationalrail.co.uk/

To find out if there are accessible vehicles when you're travelling, contact the taxi licensing office at the local council - they must keep a list of wheelchair accessible vehicles in their area. Drivers and operators have to help you to use their service. This could include help with:

- getting in and out of the vehicle
- finding the vehicle
- putting a mobility aid in the boot.

www.gov.uk/transport-disabled/taxis-and-minicabs



Ask your dietician or doctor for a customs letter before flights - this will allow you to take medications, cornstarch or protein powder on board the plane as hand luggage if needed.



A really useful travel site for wheelchair users: www.curbfreewithcorylee.com



Medical Equipment:

- Label all your medical equipment. This will have to be unpacked if going through security.
- Get a letter from your consultant explaining that you need to carry your medical equipment as hand luggage, even if you don't need to use when airborne.
- Make sure you pack adapters where needed abroad.

When travelling with my girls who both have GSD3, I make sure I have all feed things like their bags and mixes. I take my own scales and bottles.

Always have spares of everything. Even take my own cornflour. Even if I am travelling within the UK.

TOP TIP: Make a list of everything you need to take and plan every detail, check for travel delays and cancellations in case this affects assistance.

Assistance at the airport:

- Apply in advance for airport assistance
- Make yourself known to the Airport Assistance Team.
- Explain exactly what you need to enable you to get around the airport, and on / off the aircraft safely.
- You can get fast tracked through security.
- People with disabilities should board first and disembark last.

Blue Badge:

- Take your *Blue Badge* with you if you have one.

Medication:

- If you are flying, divide your medication into two bags, so should one get mislaid, you still have some medication.
- Ensure you have a letter from your health care provider listing all your medication.

Travelling with cornflour Chef, Mary Berry travels frequently and takes her cornflour in small see-through plastic bags as she likes to prepare her cookery demonstrations in advance. Once, when she landed in America, she was surrounded by sniffer dogs, uniformed officials and put in a cell. You can avoid Mary's fate by having your written prescriptions and letters with you.

"I immediately spoke with my doctor regarding a travel letter as travelling with cornflour without an explanation of a professional is always interesting... I got through security a lot easier than I had thought. When travelling, I always take everything out of my bag to be transparent and had placed my doctor's letter with my bag going through the x-ray, along with keeping a copy with me."

TOP TIP: Make a list of all questions you want to ask your hotel or BnB. Get measurements for beds and turning circles. Give yourself plenty of time to do this and share with others if you rate the accommodation.

