

HOLIDAY PACKING by @thenurse mum

Item	Ticked/Quantity
Travel Insurance Details This can be via text or email. Keep policy number and emergency telephone number with you at all times.	
Rumble trunk (from supplier)	
Feed pump + charger Plus a spare of each	
Syringes (for medications, flushes and blends) For sterilising it is calculated at one syringe per medication each week and two for flushing syringes per week, always take extra.	
Feed containers Number used per day x number of days staying + extra two days' supply	
Feeding Sets Number used per day x number of days staying + extra two days' supply	
Formula Calculate or observe how long a tin last and take at least one extra to how many needed	
Puree pouches and/or blender?	
PEG and JEJ extensions Plus, spares	
Balloon syringes X2	
Spare tube/button Ask your community nurse or dietician about this	
Spare NG tube, test strips and stickers The NG can help keep a gastrostomy open in an emergency too.	
Regular Medications Calculate mls per day x days away and check bottle volume. Take spares. Make sure they're all labelled.	
Additional supplies Eg. Calpol, Diorlyte and hand gel plus antibacterial wipes!	

Letters	Tick
Safe to fly	
Dietician letter for feeding supplies	
Medications list	

Hand luggage	Tick
Medications	
Letters	
24-hour care plan Include on this likes, dislikes and any allergies etc	
Antibacterial hand gel and wipes	