

Travel

One of the largest advantages of PD is the increased ability to travel. Since you are in more control of your treatments and schedule, you have increased flexibility to take a vacation. The first step to planning a trip is talking to your healthcare team. They can help you determine what supplies you need, how much you will need, connect you with resources at your destination and better understand how to help should you run into trouble.

The next step is determining if you are going to travel with your dialysate solution or have it shipped to your destination. If you choose to have it shipped to your destination you will need to give at least 2 weeks' notice to your supplier and notify your hotel to expect your packages and ensure you have a room that will hold your supplies.

Next, it is important to grab all of your necessary supplies including all of the tools needed to do an exchange including items such as masks and disinfectant. If you are flying, you are allowed to bring your supplies on the plane. It is recommended that you bring enough equipment for at least two days' worth of essentials. This will cover you in case your bags are misplaced.

If you are using a cycler to do CAPD, talk to your doctor about giving you a letter showing that it is an essential medical device. Additionally don't check this as baggage as they are expensive machines to replace. You should also connect with your doctor to write a similar note to cover any other materials that are essential to do an exchange.

Here is a resource that shares additional information on creating your own travel [toolbox](#) [1].

Last but not least, enjoy yourself and have a great vacation. The planning that you do early will make all the difference.

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Links

[1] <https://www.annanurse.org/download/reference/practice/pdToolbox.pdf#page=12>