



Tips for Successful Travel



Buy travel insurance that covers pre-existing that covers pre-existing medical conditions

Conditions?

Pack your medication in your hand luggage



Pack extra medicines to cover for any delays or loss

Carry written information on your medication and dosages, along with emergency contact information



Bring your own food and drink plenty of water on the plane



Avoid Alcohol and Coffee and any medications with a sedative effect when flying



Bernard Betel Centre • 1003 Steeles Ave. W., Toronto, Ont. M2R 3T6
416-225-2112 • www.betelcentre.org