

Traveler's Checklist

Things to do before leaving

- Check on places to get treatment along the way and at your destination.
- Check on factor supply (your own or at the hospitals you will be using).
- Decide how you are going to store your factor.
- Check your medical insurance: Does it cover you while away from home? Will any payments be due while you are away?
- Other things to do:

Things to pack

- Medical ID card
- Doctor's letter telling about your bleeding disorder and how to treat it
- MedicAlert® necklace or bracelet
- Factor concentrate and other medication
- Carrier to keep factor cool
- Syringes, needles, gauze, alcohol wipes, tourniquet, bandages
- Sharps disposal container
- List of hemophilia treatment centers
- Crutches, splints, or braces if needed
- Other things to pack: