

# Glycogen Storage Disease – Holiday Checklist

Everybody loves a good holiday. To get the most out of yours, planning as far in advance as possible can really help.

## First things first...

✓ or N/A

Have you notified your Specialist Metabolic Team?

☐

Is it possible to get medical/dietary supplies delivered to your destination(s)?

☐

If flying, check with your airline as it may be possible to get extra baggage allowance for medical reasons.

☐

## Critical information to take with you

✓ or N/A

- |  |  |
|--|--|
| <input type="checkbox"/> Letter from doctor confirming name, date-of-birth and diagnosis.                    | <input type="checkbox"/> Destination information supplied by Specialist Metabolic Team.                              |
| <input type="checkbox"/> Contact details for Specialist Metabolic Team in UK.                                | <input type="checkbox"/> Travel insurance/ Health insurance details.   |
| <input type="checkbox"/> List from doctor of medicines that are not suitable for individuals with liver GSD. | <input type="checkbox"/> Manufacturer contact details for any medical or dietary supplies in case of loss or damage. |
| <input type="checkbox"/> Location and contact details for hospital(s) if ill while on holiday.               | <input type="checkbox"/> Name of main starch brands in destination location (e.g. Maizena, Argo).                    |
| <input type="checkbox"/> GSD information pack from Specialist Metabolic Team.                                |  |

## Supplies to take with you...

If flying, divide supplies between hand luggage and main luggage in case main luggage gets delayed or lost.

- ☐ Alarm clocks (including spare batteries and/or charger plus adaptor)
- ☐ Snacks in case you encounter delays
- ☐ Starch (if using)
- ☐ Emergency regimen supplies
- ☐ Starch shaker (if using)
- ☐ Tube feeding supplies (if using)
- ☐ Glucose monitor (if using)

