



Ostomy Travel Packing List

Pack once, worry less: road trips, flights and cruises

The golden rule: pack about twice the supplies you expect to use, and split them between two bags so a lost suitcase never leaves you without.

Carry-on bag

- ☐ Pouches and wafers for the whole trip, plus extras
- ☐ Pre-cut wafers, or ostomy scissors (US flights: blade up to 4 inches)
- ☐ Adhesive remover wipes and skin barrier wipes
- ☐ Disposal bags and a small pack of tissues
- ☐ Medications in their original containers
- ☐ Water bottle and electrolyte packets, especially with an ileostomy
- ☐ A change of underwear and clothes
- ☐ Travel communication card for security (from UOAA)

Checked bag

- ☐ A second full set of supplies
- ☐ Extra wafers, pouches and rings or paste
- ☐ More adhesive remover and barrier wipes
- ☐ Spare clothes and a waterproof pad for the bed
- ☐ Any creams or sprays over 3.4 oz
- ☐ A copy of your supply list and product numbers

Good to know before you go

- Gels, creams and sprays in your carry-on follow the 3-1-1 liquids rule.
- Keep supplies out of hot cars and direct sun; heat can weaken adhesive.
- Ask for an aisle seat near the restroom on long flights.
- Seat belts across the stoma? A stoma guard takes the pressure off on long drives.
- Rules for scissors and liquids change; check TSA or your airline before you fly.

My trip notes
