



The Discerning You

Chronic Illness Packing Guide: Schedule

Date	Time	Activity Details
<i>Example: 26 September 2020</i>	<i>18:00 – 20:00</i>	<i>Fly from Rome to London Via British Airways Flight ref no: 123456 Arrival at Terminal A</i>



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It's a good idea to send your schedule to someone who is not travelling with you.

This way it's easy to get hold of you or track you down in the case of an emergency.