



The Discerning You

Chronic Illness Packing Guide: My Comfort Items and Daily Aids Checklist

If you're flying...

1. An inflatable neck pillow
2. An ultra-light down feather jacket (that can be folded up into a pouch)
3. Warm, fluffy socks (compression socks are also great)
4. An eye mask
5. A heating or cooling pack (or both!)
6. A scarf – something long that you wrap around the airplane chair to make it softer

If you're driving or cruising...

1. A proper pillow. Especially if you need something hypoallergenic.
2. Your favourite blanket
3. A travel flask
4. A donut cushion, to help you sit for long periods of time
5. Something to keep you distracted (even a new game on your phone)
6. A portable neck massager
7. A thermal spring water spray



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Three old classics to keep you busy:

1. Books (whether it's novels, short stories, puzzles, or colouring in!)
2. Audiobooks and podcasts
3. Sketch pad or some knitting

Things that I can't travel without

- My walking aid
- A wheelchair (at the airport)
- A small packet of hair clips or hair ties
- A big bottle of water
- Gentle cleansing wipes
- Tissues (as thick and luxurious as possible)
- Some meditation tracks or chilled podcasts on my phone
- My glasses and contact lenses
- Orthopaedic walking shoes
- Diabetic socks



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Things that I don't like travelling without

- On-the-go joint MSM spray
- Hands-free earphones and smart watch
(Walking with a crutch means you don't have an extra hand to reach for your phone when it rings.)
- Clean set of underwear and socks in my handbag
- UV protection sunglasses
- A backpack, or cross-body handbag that leaves me hands-free