



Travel - Tips to Help

- Once you have decided on where you are going you may find it reassuring to have the details of the nearest cardiac centre or children's hospital.
- If you have a patient held records folder, take this with you so all your child's details are to hand, or ask your cardiologist for a letter giving a brief history of your child's condition, treatment received and a list of medications.
- Take your child's cardiac centre's contact details.
- If you are holidaying in the summer or in a hot country be aware that some children find the heat very tiring and they dehydrate very quickly. Ensure that your child has plenty of fluids as children with a heart condition lose more fluids from sweating. If they are on diuretics, this can be even worse.
- Some medications make the skin extra sensitive and the children burn easily, also scar tissue can burn easily. Keep children well covered, use a high factor waterproof sun cream, factor 30 plus and keep them covered with a t-shirt, and use a hat.
- It may be a good idea to discourage running around at the hottest part of the day and perhaps encourage a sleep in the afternoon if you can.
- If you are travelling to a country which is particularly cold, be aware of poor circulation in fingers and toes and ensure you take layers to keep the children warm.
- If you are taking a large amount of milk, it might be an idea to phone the airline before travelling and ask them to agree to any extra weight with no charge.
- Airports are huge, it may be wise to keep any buggies with you until you get to the gate. If your child struggles to walk any distance, talk to the airline about keeping the pushchair until you are on the plane, or any alternative help they can offer.

- If you are planning a trip to somewhere like Disney, and have a blue badge, take it with you, along with a copy of your DLA letter, as some of our families have been able to obtain special passes so you don't have to queue, which is handy on a hot day especially as it can be a wait of 45 minutes or more for some rides. If you visit Disney Guest Services they may be able to help with this.
- If travelling to a non English speaking country it might be handy to learn a few key words, in the local language for your child's condition, medication and for emergency help.

If you have a travel tip we haven't included, please let us know. You can call us on **0121 455 8982** or email info@lhm.org.uk.