

# Travel Tips from Manfred Sauer UK

Call our Helpline for more advice 01604 595 696 [helpline@manfred-sauer.co.uk](mailto:helpline@manfred-sauer.co.uk)

## tip of the issue!

by Barry Kaighin T6/7

### Healthcare Abroad:

Always consider health insurance if you can afford it. If travelling within the EU you can apply for a free European Health Insurance Card (EHIC card). Apply online at [www.ehic.org.uk](http://www.ehic.org.uk) or ask at your local Post Office. The same website has information about travelling to other countries.

### Essential medical supplies:

Take enough medical supplies along with you in your hand luggage on the plane to last a couple of days in case you get delayed or your hold baggage gets lost. When travelling with a few people share your essential items between everyone's luggage. That way if only one case goes missing, all is not lost!

### Aircraft cabin restrictions:

100mls liquid is the maximum that you can take into the aircraft cabin in any one container. It is possible to get medical

exception clearance for essential medicines, but you may be asked to taste each medicine at security. Always check with the airline, and get a doctor's letter stating your name and date of birth which explains what the medicine is for and why you need to take it into the cabin.

### Travelling abroad with catheters and other medical equipment:

Some catheters and other devices contain fluids. Ask your doctor for a 'Medical Validation Certificate' or a "To whom it may concern" letter stating that you use this medical device, which include fluids, to manage your medical condition. A manufacturers' tutorial with diagrams showing the product and how it is used will help non-English speakers understand what the medical device is used for. Visit [www.fittleworth.net/assets/Fittleworth\\_Travel\\_Certificate.pdf](http://www.fittleworth.net/assets/Fittleworth_Travel_Certificate.pdf) where you will find a downloadable travel passport for continence appliances with translations suitable for most popular destinations.

Flying and hot climates dehydrate you, so drink plenty of non-caffeine and non-alcoholic fluids and pack extra supplies. If you are prone to Urinary Tract Infection consider asking your doctor about taking a course of antibiotics with you, just in case.

If anything requires you to add water to it before using it, use bottled and/or boiled water if in doubt! Happy Holidays.

Have you got a tip or piece of advice you would like to pass on to other SCI people? It can be about any aspect of living with SCI. Why not share it with us?

Email your *tip of the issue* to the editor: [lynnepunchard@btconnect.com](mailto:lynnepunchard@btconnect.com)



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## tip of the issue!

by Phil Thompson

### Did you know that every hotel and house has a night bag stand?

I discovered this back in my hotel room after a night of celebrations at a friend's wedding. I went to hang my night bag on the side of the bed, blast, no rail, it was a Divan Bed! Experience has taught me that laying the night bag on the floor or bed next to me doesn't work too well and relying solely on a day bag means getting up during the night to empty it. In desperation I started looking in the drawers, wardrobe and then quite uncharacteristically considering

the late hour I had an amazing flash of inspiration – the humble coat hanger could be the answer to my dilemma. I put the hooked end of the coat hanger under the mattress and pushed it all the way in leaving the bar that is normally used to hang your trousers on sticking out about half an inch, and this is what I used to hang my night bag hanger on. It works a dream, try it. Now let's say you forget your night bag hanger as well, to the rescue this time comes two coat hangers. Put them under, between the mattress and base of the bed with just the hooks sticking out and pointing up. The coat hanger hooks easily go through the two suspension holes on the night bag. It works so well

that as far as I am concerned that's one thing less I need to pack when off on my travels!

Phil has some 30 years of experience at the school of 'hard-knocks' following an incomplete SCI, which has taught him more than a few useful tips.

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