

Heart Health

Planning Guide

BEFORE YOU GO

- ☐ Book a check-up with your doctor
- ☐ Confirm your fitness to fly and activity limits
- ☐ Declare all medical conditions when buying travel insurance
- ☐ Research local healthcare facilities.



CHOOSING DESTINATION

- ☐ Research climate and temperature — avoid extreme heat or cold if advised by your doctor
- ☐ Check altitude — high altitudes can put additional strain on the heart
- ☐ Plan for accessible transport — avoid destinations where you'll need to climb lots of stairs or walk long distances daily



AT YOUR DESTINATION

- ☐ Pace activities — alternate busy days with rest days
- ☐ Avoid extreme heat or high altitudes if advised by your doctor
- ☐ Keep emergency contacts handy
- ☐ Listen to your body — rest if you feel fatigued or unwell.

PACKING ESSENTIALS

- ☐ Medications in original packaging (hand luggage)
- ☐ Spare prescription and doctor's letter
- ☐ Medical alert card or bracelet
- ☐ Blood pressure monitor (if advised)



ON THE JOURNEY

- ☐ Stay hydrated — aim for water every hour on long flights.
- ☐ Avoid excessive alcohol and caffeine, which can dehydrate
- ☐ Move and stretch every 1-2 hours during travel
- ☐ Keep to your medication schedule, adjusting for time zones

