

Packing List



Ostomy specifics

- ☐ Ostomy pouches, pre-cut to your stoma size (2-3x as many as you think you may need)
- ☐ Ostomy accessories, if you use them (Note: you may wish to request samples of different accessories in advance if you anticipate specific issues, like sticking issues due to high humidity or barrier edges rolling up while you swim)
- ☐ Filter cover stickers ☐ Disposal bags ☐ Dry wipes for swimming
- ☐ A small travel bag to keep your supplies with you in case of emergency while you're out and about
- ☐ A Travel Communication Card (optional) to help you notify TSA of your medical needs
- ☐ Scissors (TSA now allows scissors inside your carry-on for domestic flights within the US, but if you're traveling internationally the rules often differ. For travel abroad, try to pre-cut your barriers before you leave and/or pack scissors in your checked luggage only.)

Packing List



Add your own items
