

# YOUR TRAVEL CHECKLIST

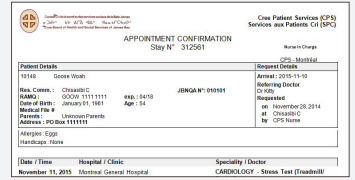
## CREE PATIENT SERVICES



Conseil Cri de la santé et des services sociaux de la Baie James  
 Cree Board of Health and Social Services of James Bay

Make sure to check the following things and pack all the items you might need before traveling for your medical appointment.

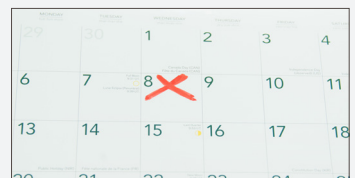
Bring your Appointment Confirmation document, available at your CMC.



If you travel by private vehicle, bring your Travel Warrant, also available at your CMC.



Check your departure date.



Check the weather to pack the right clothes.



Plan to have enough clothes with you. You might need summer and winter clothes if you are staying for a long time.



Make sure you and everyone you are travelling with brings the RAMQ Card.



Bring your hospital card if you have one.



If you use a wheelchair, walker or cane, make sure to bring your own. Put a sticker on them with your name, address and phone number.



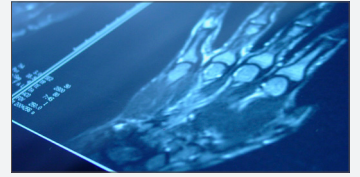
If you use a C-PAP machine at night, make sure to pack it.



If you use a portable oxygen concentrator, make sure to bring it.



Bring your X-Rays or the CD with your X-Rays.



If you're traveling with medication: Bring them all in your carry-on luggage. Make sure you have enough supplies for a month. Keep your medicine safe and make sure it does not freeze.



If you have a dressing, don't forget to pack all the items you may need for a few days, such as bandages, cream, special medication and tape.



If you have a colostomy bag, don't forget to pack all the items you need to take care of it.



Bring your baby car seat.



If you are travelling with a baby, bring diapers, milk, breast feeding pads and baby bottle.



Bring your toiletries, such as toothbrush, toothpaste, hair brush, razor, and so on.



You will need money to cover your personal expenses such as movies, long distance phone calls, laundry, room service, parking, shopping and so on.



**Notes:**

A large, empty rectangular area with a light grey background, intended for taking notes.

