

# TRAVEL CHECKLIST

## FOR PEOPLE LIVING WITH A LARYNGECTOMY

### Personal Documents

- Passport/ID
- Flight letter from your doctor explaining your condition and needs
- Travel insurance documents
- Prescription for medications and medical supplies
- Emergency contact information, including Atos Customer Service
- Addresses and phone numbers of local hospitals with ENT service

### Personal Documents

- Extra voice prosthesis
- Voice prosthesis plug
- Electrolarynx and spare batteries
- Notepad and pen

### Additional Tips

- Keep important items in your carry-on luggage.
- Inform the airline and airport security about your condition and needs ahead of time.
- Stay hydrated, especially on flights.
- Have a back-up plan for communication in case of device failure.

### Medical Supplies

- Spare tracheostomy tubes (if applicable)
- Cleaning supplies for stoma care (wipes, cleaning towels)
- HME (Heat and Moisture Exchanger)
- Adhesives and skin barriers
- Stoma covers

### General Travel Items

- Comfortable clothing adaptable to climate changes
- Personal hygiene items
- Sunglasses and sunscreen (for sunny destinations)
- Mobile phone and charger
- Travel adapter (for international travel)
- Snacks and water bottle



# Atos

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