

Checklist to Plan, Pack, & Travel Well

Take Back Control From an Unreliable Bladder!

01: PLANNING

- Traveling by car?**
Schedule rest stops, highway exits, and gas stations to take breaks.
- Traveling by public transport?**
Note which rail stations/bus terminals/airport gates have toilet access. Visit their website to get this information or call the help desk.
- Download toilet-finding apps:**
Flush or Bathroom Scout. Both available on Apple and Android.
- Tracking urination times:**
For 3-7 days, record how much you drink and when you pee.
- Scheduling:**
Try to space out urination times by 2-3 hours (or a little longer than usual).
- Not rushing:**
Ensure your bladder is fully empty before leaving the toilet.
- Avoiding non-essential trips:**
Resist the temptation to go to the toilet “just in case.”
- Pelvic floor strengthening:**
Practise Kegel exercises (x5 repetitions, several times/day).
- Distraction techniques:**
Conversation, deep breathing, music, and puzzles can all help!
- Asking for guidance abroad:**
Learn how to ask for the toilets in the local language. Try downloading DuoLingo or other translation apps.

02: PACKING

- Organizing luggage:**
Check to make sure you have enough spare clothes and supplies for changing.
- Pack rescue kits:**
Pads, guards, urinals, and protective underwear are all options to keep dry. Get them at <https://www.carewell.com/>

03: TRAVELING

- Aisle seats:**
Choose seating near a toilet, just in case you need to make a dash!
- Bladder-friendly beverages:**
Stick to water and non-caffeinated drinks when traveling.
- Traveling with an incontinent person? Limit triggers:**
Drink fluids out of the sight of your travel partner, whenever possible.
- Prescription reminders:**
Kindly prompt them to take any required bladder medication.
- Open discussion:**
Ease their worries about incontinence with kindness or gentle humor.

YOUR NOTES