







## Navigating Summertime with SCD

**Note:** It is helpful to have a well-insulated mini-cooler or lunchbox on hand for to-go meals and travel and trips. This will ensure you have the food you need when you need it!

Pre-Travel Checklist	
	<p><b>1. Think about your personal, daily challenges and how you plan to manage them on your trip.</b> For Example: If you are worried about bathroom access, research and locate rest stops along the way. You can also request a room with a bathroom attached so that you don't have to worry about sharing the bathroom time with other guests.</p>
	<p><b>2. Do you have any medications, supplements or other vitamins and minerals you rely on to manage your health?</b> Be sure to pack a sufficient amount to last you for the trip plus a few extra. Some medications cannot be refilled in other states due to varying regulations in each state. Contact your doctor and/or insurance provider for an appropriate supply to last the duration of your trip. Also, be sure to consider if any medications need refrigeration so that you can plan to keep them safe and in peak quality.</p>
	<p><b>3. Do you have your emergency medications and a plan for acute illness?</b> Traveling exposes you to a different environment, especially international travel. Be sure to locate clinics in the area you are traveling that can safely serve you. Come up with a basic plan for the worst case scenario, but then hope for the best, knowing that you have prepared and planned well.</p>
	<p><b>4. Pre-make meals that are easy to reheat</b> at your destination. Store in a cooler with plenty of ice. This will save you time and worry knowing you have adequately prepared for your needs. <b>Make an organized meal plan and be specific with your shopping list.</b> What grocery stores will be available? What meals and snacks are easy to prepare on the go? <b>Make sure you will have access to the various recipes you use on a weekly basis.</b> Where are these saved? A phone, tablet, or other device? Can you bring paper copies just in case? If others are going to be shopping and preparing the meals, are they aware of the specific cooking needs you require? Are the recipes written in a way that someone else could understand them? Do you have the equipment necessary to make your staple items?</p>
	<p><b>5. Make a plan for following your dietary needs and set limits.</b> Predict the decisions you will make on the road, and try to keep as many aspects of your home life and routine as possible. Alert others traveling with you to you/your child's needs. Especially if your child will be in the care of adults besides you, make sure they are aware of your dietary habits and kindly ask them to approach you before offering food or beverages to your child. Or, provide them with the meals and snacks you prepared in advance.</p>
	<p><b>6. Research your destination.</b> Consider your food options available (i.e. restaurants for take out and/or grocery stores), and have alternative options ready just in case. This allows you to be more spontaneous.</p>

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### REFERENCES:

1. National Institutes of Health. Summer Travel, Plan Ahead to Stay Healthy. US Dept of Health and Human Services. 2011. Accessed at <https://newsinhealth.nih.gov/2011/06/summer-travel>.
2. Breaking the Vicious Cycle. Cooking Tips. 2020. Accessed at <http://www.breakingtheviciouscycle.info/p/cooking-tips/>.