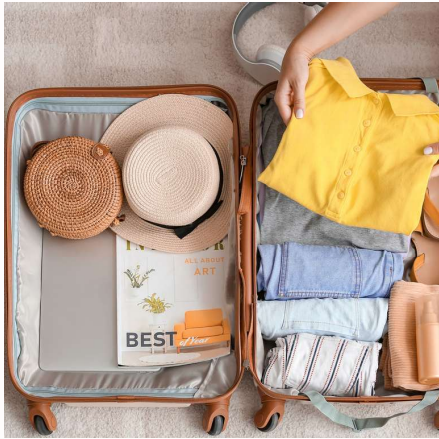




7 TIPS FOR SMART PACKING



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Roll, Don't Fold

Rolling your clothes saves space and reduces wrinkles. Roll items by outfit (e.g. top + bottom) so you don't dig through everything every morning.



Use Packing Cubes or Zip Bags

They keep things organized and easy to repack. You can even separate outfits by day or category (e.g. clinic days vs exploring days).



Fill Your Shoes

Stuff socks, chargers, or small items inside your shoes to save space and keep their shape.



Wear Your Bulkiest Items

If you're bringing a hoodie, jacket, or sneakers, wear them during travel – they take up too much room in the suitcase.



Toiletries in a Clear Bag

Airport security requires liquids in a transparent zip bag (max 100ml each). Keep this handy in an outside pocket to breeze through security checks.



Leave Room for Extras

Leave some space (or pack a foldable tote) in case you pick up souvenirs, snacks, or supplies during your trip.



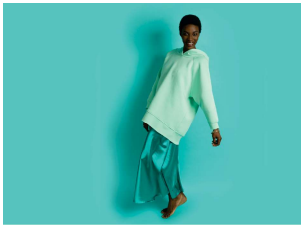
Pack Your Medication, and Then Double-Check

Ensure all prescribed medications are in their original packaging. Include a written list from your doctor, preferably in English and the local language. Always carry them in your hand luggage.



Keep Your Medical Info Handy

Organize your medical summary, dialysis schedule, emergency contacts, and insurance documents in a dedicated folder or pouch. Having both printed and digital copies is ideal.



Wearable Comfort First

Pack comfortable, loose-fitting clothes for dialysis sessions (e.g. short sleeves). Also bring compression socks if you're flying long-haul.



Power & Tech Ready

Bring your chargers, plug adapters, and maybe a power bank — especially if you use any monitoring devices or just want entertainment during sessions. Check the local plug type before you go!



Stick to Your Diet — Even on the Go

Bring renal-friendly snacks (like unsalted rice cakes or portioned apple slices) and a refillable water bottle if fluid intake is allowed. Airport food isn't always kidney-safe, so having your own helps stay in control.
