



CAH /Addison's/ Adrenal Insufficiency Checklist for travel

- Obtain travel letter for airport security from clinic
- Ensure you have an adequate supply of Solucortef vials and pills
- Ensure you have at least 2 well stocked injection kits
- Medic alert bracelet
- Obtain travel health insurance for pre-existing conditions
- Locate the medical facilities in the area you will be travelling to
- Contact Endo Rn for a review and practice of the IM Solucortef injection
- Contact Endo Rn for any teaching required for trip chaperons
- Ensure you have written information explaining the condition and its treatment
- Attempt to find information in local language, Endo Rn can assist