

Pack this!

Thriver-tested travel essentials

What breast cancer advocates pack again and again



Whether they're traveling during or after early-stage treatment, with MBC, after surgery, with children, or across time zones, many advocates return to these core items to feel more prepared and comfortable away from home.

Medical and medication must-haves

- Extra prescription medications for at least 2 to 3 additional days
- Over-the-counter medications as recommended by your care team
- Pill organizer
- Written medication list
- Dedicated medical bag
- Medication alarms or reminders (on your phone)
- Health insurance card
- Information on healthcare clinics, pharmacies, and oncology resources at your destination
- Any assistive devices you use regularly

Movement, access, and energy support

- Comfortable walking shoes
- Compression socks
- Buffer days before or after long trips
- Only one must-do activity per day
- Slip-on shoes for flights or hotel rooms
- Cane, shoe lift, or mobility aids
- Accessible lodging requests
- Rolling suitcase
- Cross-body bag or fanny pack
- Yoga strap or stretching aid
- Airport assistance, wheelchair service, or pre-boarding when needed

Personal care and infection control

- Sanitizing hand wipes
- Masks to minimize airborne infection
- Face wipes
- Body or deodorant wipes
- Sunscreen lotion
- Insect repellent
- Travel tissues
- Toilet paper in a ziplock bag
- Extra ziplock bags

For comfort and side effect support

- Portable fan
- Water bottle
- Hydration packets or electrolyte tablets
- Favorite snacks for you and your children
- Gentle skincare
- Lip balm and lotion
- Compression sleeves
- Hat for sun protection or warmth
- Lightweight scarf, wrap, or blanket
- Layers for changing temperatures

Peace of mind

- Travel insurance
- Flexible or refundable travel options