Rob's Top 10 Tips For Travelling With A Bleeding Disorder

Spring is in the air, and for many of us, it's time to shake off the winter blues and explore the world. Whether it's a short break in Europe or a more ambitious adventure, traveling with haemophilia or a related bleeding disorder takes preparation and confidence. Thankfully, with some planning and the right support, the world is yours to explore safely.

Plan Ahead

Contact the Irish Haemophilia Society early for personalised advice. Book appointments with your haematologist to discuss your travel plans. Identify Haemophilia Treatment Centres (HTCs) at your destination using tools like the WFH Finder.

Insurance is Non-Negotiable

Make sure your travel insurance covers pre-existing conditions, including haemophilia. Get written confirmation from your insurer to avoid surprises.

Documents at the Ready

Carry a travel letter from your doctor detailing your condition, treatment, and emergency contacts. Apply for an EHIC card for travel within the EU and supplement it with private insurance for full coverage.

Pack Smart

Bring more treatment supplies than you think you'll need. For longer trips, plan for restocking options at local HTCs. Use insulated bags or portable coolers if temperature-sensitive storage is required.

Customs Made Easy

Inform airlines and customs about your medical supplies in advance. Translate your travel letter into the language of your destination if applicable.

Stay Connected

Register your trip with the Department of Foreign Affairs for additional support. Save the contact information for HTCs, local emergency numbers, and your insurance provider.

Be Mindful of Emergencies

Know the nearest HTC's location and have their contact details ready. Inform your insurance provider immediately if a medical emergency arises.

Research Healthcare Systems

Understand what's covered in your destination country, especially for routine treatments. Countries like the USA and Canada require extra insurance and planning due to high treatment costs.

Always Be Prepared

Check travel advisories and health alerts at your destination. Don't forget basic travel necessities like comfortable shoes, snacks, and entertainment!