

# Healthwick.ca

## Guide to Managing Incontinence and Travelling

Travel is loved by many people of all ages around the world. Whether you're a snowbird escaping to a warmer climate, an avid adventurer seeking traveller, or a family vacation enthusiast looking for some much needed relaxation, the COVID-19 pandemic halted global travel. Now that these international travel restrictions are beginning to be lifted, you may be looking to brush the dust off your suitcase and plan your next adventure abroad.

For those managing incontinence, travel can be intimidating. You may feel like you are limited to certain activities and fear that you may find yourself with embarrassing leaks while on an excursion. These are normal concerns and feelings, but if you're well prepared there's no reason you can't travel and manage incontinence. Here are a few helpful tips and reminders for those who are managing incontinence while travelling.

### #1: Pack Necessary Supplies

---

It's very important to ensure you have everything you need to ensure you stay leak-free and comfortable. Make sure you pack more than enough supplies; have more than what you think you'll need. It's also a good idea to bring a small bag or pouch with you to carry extra supplies for when you're out exploring.

You should also bring disposable bags for soiled products in case you're unable to properly dispose of your incontinence product while out and about. If you're concerned about having leaks during your daily vacation activities, you should consider bringing a change of bottoms and/or underwear as well as adult incontinence wipes for a good emergency cleanup.

If you're travelling to a warm destination and you know you'll be spending time in the ocean or a pool, remember to pack a swim diaper or underwear. With both disposable and washable options available, a well-fitting swim product will ensure you can enjoy swimming worry-free.



## #2: Consider Your Travel Medium

---

This is something that many people often forget about. Different travel mediums have different restroom availability, which is something to be mindful of when planning a trip.

If you're going on a road trip and will be spending time in a car or on a bus; plan pitstops for washroom breaks. Check for enroute stops with public washroom facilities prior to leaving.

If you're going to be travelling on a plane or train for an extended period, consider wearing highly-absorbent and long-lasting incontinence products. Having to change a soiled incontinence product in a small bathroom can be a challenge, so wearing a product that will require fewer changes is a great idea. It's also a good idea to bring a disposable plastic bag with you into the washroom for your soiled product, as the restroom disposal systems may be limited.



## #3: Research Your Destination

---

Doing research about your travel destination is always a good idea. Knowing about where you are going and what to expect is a good way to put your mind at ease.

You check online to see restrooms available at destinations you plan to visit while away. There are also mobile apps, like "Flush", which will provide a map of public washrooms based on your chosen location. You can also look at local retailers to see if they sell your brand or a comparable incontinence product in case you run out. If you're staying in a hotel or Airbnb, you should be able to find out online if laundry services are available.



## #4: Plan Vacation Activities Accordingly

---

While it's important for you to enjoy your holiday fully, you should also be mindful of certain activities so you're well prepared. For example, if you're managing bowel incontinence and plan on spending time poolside ensure you have a well-fitting swim brief with you. Or if you are managing stress urinary incontinence and you know you will be partaking in a lot of physical activities that may cause leaks, be prepared by bring extra absorbent products with you.

If you're travelling to a warm destination and wearing absorbent products, the humidity combined with a lot of time on your feet may irritate your skin. To be prepared, it's a good idea to pack an incontinence barrier or moisturizing cream. These products will work to reduce skin damage and irritation due to humidity or chafing from consistent walking.

## #5: Monitor What You Eat and Drink

---

If you're spending a lot of time doing physical activity while on your trip, make sure you stay properly hydrated. That said, it's important to not over hydrate to help better manage your incontinence, especially if you don't have easy or quick access to a restroom.

You've probably noticed that your incontinence is a little worse after ingesting certain foods and/or beverages. This is very common, and it's because there are certain foods and drinks that can irritate your bladder. Everyone is different, but many people find that caffeinated beverages, sugar, tomato based products and citrus are items that cause bladder irritation. While traveling, you may not know where the closest washroom is or have access to a toilet at all times, so it's best avoid foods and beverages that can make your incontinence worse.



## Need some help?

---



**We're Here to Help**

**Toll Free: 1-877-775-6656**

**help@healthwick.ca**

Mon to Fri, 9am to 5pm EST