



TRAVEL INSURANCE PACKED UP: QUICK CHECKLIST



Recommended approach for travellers
with spinal cord injury in Europe:

1. Get a GHIC/EHIC.

It's free, easy, but not enough by itself.

2. Buy specialist travel insurance that:

- covers spinal cord injury fully
- includes mobility equipment
- allows for travel with carers
- covers repatriation

3. Ensure carers have their own insurance.

It's essential for them and for your safety.

4. Declare all medical conditions fully.

This minimises the risk of claim refusals.

5. Check your destination's accessibility.

Especially hotels, transportation, bathroom access,
uneven surfaces.

6. Carry a medical summary letter.

This can be helpful for customs, airlines,
and emergencies.