

Travel Checklist



Packing with IBS and SIBO

- ☐ Wet Wipes
- ☐ Discreet disposal bags
- ☐ Reusable water bottle
- ☐ Prescription medications
- ☐ Antacids
- ☐ Anti-diarrheal medication
- ☐ Probiotics
- ☐ Digestive enzymes
- ☐ Fiber supplements
- ☐ Electrolyte packets
- ☐ Miralax
- ☐ Low-FODMAP snacks
- ☐ Herbal teas
- ☐ Eating Guide or Reference Book
- ☐ Extra Underwear
- ☐ Heating pad
- ☐ Peppermint oil capsules
- ☐ Anti-gas medication
- ☐ Portable bidet
- ☐ Hand Sanitizer
- ☐ Toilet Bowl Scented Spray
- ☐ Flushable Wipes

Additional Considerations

- ☐ Plan meals ahead
- ☐ Research restaurants with IBS-friendly options
- ☐ Find nearby grocery stores
- ☐ Look up public restrooms
- ☐ Look for accommodations that have kitchens & private bathrooms
- ☐ Pack food for the trip to avoid triggering foods or excess hunger
- ☐ Stay hydrated by carrying a water bottle
- ☐ Avoid excess carbonation or alcohol
- ☐ Maintain a routine for meals and medication
- ☐ Allow for rest periods during the trip to manage stress and fatigue
- ☐ Maintain a regular sleep schedule
- ☐ Make a portable “emergency kit” with must-haves
- ☐ Emergency Contact/Doctor Information/Insurance

For consultation regarding your health concerns, we strongly advise reaching out to a qualified healthcare professional or doctor. At Gemelli Biotech, we do not endorse specific products or treatments. Your doctor can provide personalized recommendations tailored to your individual needs and circumstances.

Travel Checklist



Clothing

- ☐ Tops (t-shirts, blouses)
- ☐ Bottoms (pants, shorts, skirts)
- ☐ Outerwear
- ☐ Undergarments
- ☐ Socks/stockings
- ☐ Pajamas
- ☐ Swimwear
- ☐ Comfortable shoes/sandals
- ☐ Dress shoes/heels
- ☐ Accessories (belts, jewelry)
- ☐ Workout clothes/shoes

Toiletries

- ☐ Toothbrush + paste
- ☐ Deodorant
- ☐ Shampoo + conditioner
- ☐ Shaving supplies
- ☐ Moisturizer
- ☐ Face Wash
- ☐ Contacts + glasses
- ☐ Makeup
- ☐ Hair Dryer
- ☐ Hair Spray/Gel

Electronics

- ☐ Phone + Charger
- ☐ Camera + Charger
- ☐ Ipad + Charger
- ☐ Laptop + Charger
- ☐ Powerbank
- ☐ Travel adapter
- ☐ Headphones
- ☐ Smart watch

Travel Essentials

- ☐ Hand sanitizer
- ☐ Sunscreen
- ☐ Insect Repellant
- ☐ Sunglasses
- ☐ Passport + Itinerary
- ☐ Tickets + Reservations
- ☐ Travel Insurance
- ☐ Cash + Credit Cards
- ☐ Ear Plugs
- ☐ Sleep Mask + Travel Pillow
- ☐ Wallet/Purse
- ☐ Keys