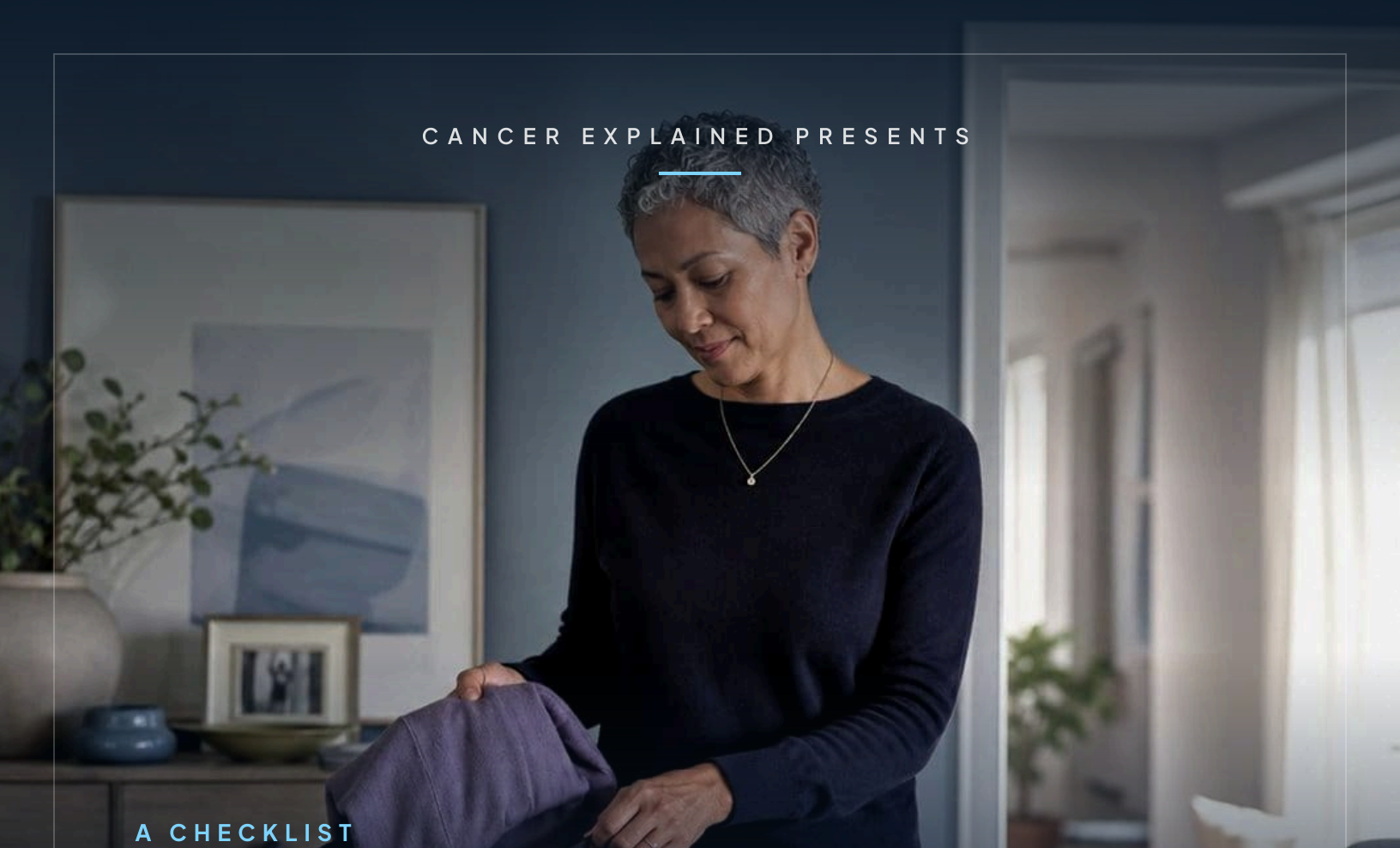
CANCER EXPLAINED PRESENTS



A CHECKLIST

TREATMENT TRAVEL CHECKLIST

Getting to appointments and treatment days, organized

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-07-05**
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CANCEREXPLAINED.ORG · A CHECKLIST

Treatment Travel Checklist

Getting to appointments and treatment days, organized

1 Before you leave

Appointment time, building, floor, and clinic phone number:

_____

Photo ID, insurance card, and any referral or appointment letters.

Your medication list and question list.

Any instructions you were given (e.g. about eating, drinking, or taking medicines beforehand) — confirm them with the clinic.

2 Plan the trip

- [ ] How you'll get there and back — and a backup plan (a treatment day may leave you too tired to drive).
- [ ] Parking or drop-off location, and money or an app for parking.
- [ ] Extra time for check-in, especially at a new location.
- [ ] If travel or lodging costs are hard to manage, ask the care team about programs that may help.

3 Pack for the day

- [ ] Water and simple snacks, if the clinic allows them.
- [ ] A sweater or blanket, and something to pass the time.
- [ ] Phone and charger, plus a notebook for after-visit notes.
- [ ] A companion when possible — an extra set of ears helps.

THE BOTTOM LINE

Confirm the practical details with your clinic before each visit — every treatment center runs a little differently.

Sources: NCI: Coping with cancer (cancer.gov/about-cancer/coping)

Learn more in plain language: cancerexplained.org/diagnosis/preparing-for-appointments · **Updated:** 2026-07-05

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