

Travel-with-urine-bag day planner

A day out with an indwelling catheter requires a bit more planning. *Use this for day trips, errands, or as the basis for longer travel planning.*

PRE-DEPARTURE

- Empty the bag completely
- Switch to leg bag (smaller, more discreet) for the day
- Pack: backup catheter, spare bag, cleaning supplies, gloves
- Pack: hand sanitizer, wipes
- Pack: small towel for spills
- Pack: change of clothes (just in case)
- Plan bathroom stops every 3-4 hours
- Hydrate moderately — not excessive

BATHROOM MAP FOR THE DAY

TIME	LOCATION	ACCESSIBLE BATHROOM?	BACKUP NEARBY

EMERGENCY KIT (ALWAYS IN THE BAG)

- Spare catheter (your size)
- Spare drainage bag
- Saline + sterile water packets
- Sterile gloves
- Lubricant
- Tape and gauze

Antibiotic ointment

Phone numbers (urologist, travel insurance, destination clinic)

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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