



Bone Marrow Transplant Travel Checklist

A practical packing and preparation guide for Nigerian families travelling to India for treatment.

Use this checklist before you leave Nigeria, during visa preparation, and while packing hand luggage. Keep medical and official documents with you, not in checked baggage.

Print this PDF and tick each empty box as you prepare.

Nigeria to India BMT Preparation Checklist

Most bone marrow transplant journeys are not short visits. Many families stay for six weeks to four months, depending on treatment type and recovery. Pack as if you will be living in India for a while.

Medical Documents - Carry in Hand Luggage

- Complete medical history of the patient, including diagnosis, prior treatment and hospitalisations
- All recent test results: full blood count, bone marrow biopsy, HLA typing and genetic testing
- Donor HLA typing report, if a related donor is travelling with you
- Discharge summaries from all previous hospital admissions
- Current medication list with dosage, brand names and generic names
- Vaccination records, especially hepatitis B and tuberculosis records
- Written summary from the current doctor or haematologist explaining treatment history so far
- Clean English versions or certified translations of any non-English medical notes

Donor Documents - If Travelling Together

- HLA compatibility report
- Recent complete blood count report
- Medical fitness report
- Identification documents matching details submitted to the hospital

Official Documents and Identification

- Valid passport for patient, donor and caregiver, with at least six months validity beyond travel dates
- Medical visa or e-medical visa approval letter
- Medical attendant visa for the accompanying caregiver
- Invitation letter from the Indian hospital
- Printed copies of all key documents
- Digital copies saved in cloud storage or a secure email folder

Medications from Nigeria

- Enough current medication supply to last until the Indian hospital takes over the care plan
- Prescriptions written with generic names
- Medications kept in original packaging
- No loose tablets in unlabelled containers

Clothing and Personal Items - Patient

- Loose, comfortable clothing that is easy to put on and remove
- Cotton fabrics instead of synthetic material
- Clothing that allows easy IV access
- Two to three pairs of washable indoor slippers or shoes
- Basic toiletries in small quantities, after checking hospital restrictions
- Small pillow or neck support if needed

Clothing and Personal Items - Caregiver

- Comfortable clothing for long hours in waiting areas or family rooms
- Compact travel towel
- Reusable water bottle
- Simple snacks for the first few days after arrival

Electronics and Connectivity

- Unlocked mobile phone for an Indian SIM card
- Laptop or tablet if required for work, school or entertainment
- Universal travel adapter for Type C and Type D plugs
- Portable power bank
- Earphones or headphones

Financial Preparation

- Indian Rupees for the first few days of transport, food and small expenses
- Nigerian bank informed about international card usage
- Hospital payment methods confirmed in advance
- Hospital billing department contact details saved

Comfort and Mental Wellbeing

- Non-perishable familiar food items such as spices, oats or packaged snacks
- Journal or notebook for the caregiver and patient
- Books, downloaded shows or podcasts for long waiting periods
- Printed family photograph or small comfort item

What to Leave Behind

- Large amounts of cash
- Expensive jewellery
- Too many bags, especially if moving between hospital and accommodation
- Anything with a strong fragrance if the patient may enter a sterile ward

Before You Leave Nigeria

- One family point of contact assigned at home
- Travel insurance checked, including transplant-related medical coverage where applicable
- Employer or school informed about the expected absence
- Hospital appointment and arrival instructions confirmed
- Visa process started as soon as the hospital invitation letter is received

Final Quick Checks

- Medical documents organised in one hand-luggage folder
- Passport, visa and invitation letter packed separately from checked baggage
- Digital backup checked and accessible from phone
- First-week accommodation and hospital transport confirmed
- WhatsApp contact saved for Surgery Assistance India

Need help before travelling?
Message Surgery Assistance India on WhatsApp: wa.me/919611807624