



## HOLIDAY CHECKLIST

Table of nutritional values	
Scale with spare batteries (possibly a spare scale as well)	
Single hotplate (depending on your accommodation)	
International plugs, adapters	
Bread-baking machine	
Bottles and cleaner (for infants), cups (for small children)	
Mixing cup for the amino acid mixture	
Powdered baby formula (low-protein and regular)	
Enough of the amino acid mixture (possibly packed in portioned packets)	
Depending on your holiday destination: special low-protein products such as pasta, rice, flour, bread, zwieback, biscuits, cornflakes, lpd milk powder, Loprofin drink or SnoPro, ready meals, etc.	
Depending on your holiday destination: dry yeast, baking powder, maltodextrin, GES 45 (glucose-electrolyte mixture for use in cases of diarrhoea or vomiting)	
For holidays abroad: completed declaration form for PKU powder and special products you are taking with you (see appendix)	
Address list of metabolic clinics and physicians at the holiday destination, E.S.PKU travel information (multilingual)	
Depending on the length of your holiday: material for blood tests	
First-aid kit (have your chemist check it for you), personal medications	
Miscellaneous:	

This list is not exhaustive, nor does it cover all necessities.