



Quick checklist and tips

Some Tips and Commendation

Here are some quick tips and checklist for you to tick off before your trip.

This is only a suggestive list, and you will have to tailor it to your circumstances.

Travel checklist

General checklist

Re-check your itinerary. Double check all dates, times, appointments and contact information.

Ensure you have the relevant documents with you:

- Valid national passport or national identity card for the EU citizens, or valid passport with an entry visa, if required, for non-EU residents. You will need it to check onto your flight, enter the country and be admitted to the hospital.
- Travel insurance.
- Medical tourism insurance if available.
- Medical travel insurance if available.
- European Health Insurance Card (EHIC) if available.

Arrange copies of important documents, itineraries, etc. Bring photocopies of your passport, credit card numbers and issuers contact numbers from abroad, itinerary, insurance papers and travel visas. Keep these in a separate bag to their originals, and keep a copy at home or with friends and family (In the event of an emergency, it is wise to have someone at home know your schedule).

Finances. Choose one or two credit cards to take with you, and call the issuers shortly before you leave to inform them you will be visiting Bulgaria. Otherwise, your credit card could be denied, as the issuer may find the international activity suspicious. If you have opted to pay your medical bill not before your travel, but at the medical facility before your surgery, make sure you have enough available funds to cover the initial estimate.

Notify the airline of any special requirements you may have. It's always advised to let the airlines know of special requirements as early as possible.

Check the restrictions on carry-on and checked luggage. Every airline is different so make sure you are not charged a fee at the check-in counter, especially if you're travelling on budget airlines. All medication, taken in your carry-on or checked luggage, needs to be correctly labelled with a subscription attached.

Pack lightly. Leave all valuables and jewellery in a safe place in your home. Bring any medicines you normally take. Take only the necessary.



Pack a travel adapter and power plug. You will need a standard European double plug.

Bring some snacks for the airplane or airport. Depending on your flight; there might not be many, or any, food options available.

Travel comfortable. Make sure you wear comfortable clothing and footwear.

Charge your electronics before you leave. This way if you forgot your adapter, you have plenty of battery.

Prepare your phone. It is advisable to install WhatsApp or Viber applications on your smartphone so that you can contact your Bulgaria Medical Travel Partner personal assistant free of charge.

Hospital stay checklist

Personal items such as toiletries, a towel, sleepwear, slippers, shaving kit, day clothes.

Any medicines you regularly take. Present them to your doctor in charge.

Your address book and important phone numbers, including your GP's name, address and telephone number.

A notebook and pen to write down any questions you have when the doctor is not available.

A small amount of money for expenditures to treat yourself in the cafeterias or vending machines.