

Disability Campaign.org

Disability Travel Checklist

People with disabilities can and do travel for business and vacation just like everyone else. There are, however, a few extra considerations a traveler with a disability must make before embarking on a trip that involves travel. This list below will help you be better prepared for your next trip, so that you can travel with greater safety, confidence, and assurance.



Planning the Trip

- ✓ Ask your doctor for a letter that states your disability or illness and any necessary accommodations as well as medications taken.
- ✓ If you are traveling by air with medical equipment such as a wheelchair or oxygen, visit the TSA's web pages on [medical devices](#) and [Assistive Devices and Mobility Aids](#).
- ✓ Inform your airline that you are a passenger with a disability and will need certain accommodations (e.g. a wheelchair or gluten-free dietary options). You should also do the same with the hotel, as this helps to ensure that you obtain an accessible room.

- ✓ Look up reviews for hotels, restaurants, and places of interest to learn about their accessibility.
- ✓ Consider traveling with a travel companion. This could be a relative, your caregiver, a friend, etc. A travel companion can assist you with luggage and personal care.
- ✓ Consider using a travel agent or agency that specializes in serving people affected by disability. They can help make travel arrangements and present you with fun and creative things to do while you're vacationing.
- ✓ Contact your health insurance to learn if coverage extends to where you will be traveling. Also make sure you know the location of the medical facility closest to where you will be traveling and staying.

Packing

- ✓ Find the right luggage. Look for luggage that will protect and accommodate any medical supplies. Select luggage that is of a unique color or print, or use luggage tags, to prevent your baggage from being taken by someone else.
- ✓ Make a personalized list of all your medications and medical supplies that you need and check them off your list as you pack.



Image: Canadagoosetravel.com

- ✓ If possible, pack two sets of medications: one in your carry-on baggage and the other in checked baggage. If you cannot carry two identical sets, make sure the medications vital to your everyday wellbeing are with you at all times.

- ✓ Pack clothing that will suit all kinds of weather climates. People with disabilities and

certain chronic illnesses tend to be more sensitive to changes in weather climates.

Traveling to and from your destination

- ✓ Consider time. Give yourself plenty of time to travel to the airport, pass through TSA, and arrive at your final destination. Furthermore, select layover times that are longer, to avoid missing a connecting flight.
- ✓ Wear comfortable clothing. Flights or long car rides can be very uncomfortable for anyone, but it can be especially so for people with disabilities. Wear clothing that is breathable, comfortable, and that you can layer (such as a scarf or sweater). Ask your doctor about compression stockings to help prevent blood clots and carry with you a back pillow or seat cushion to help relieve discomfort from long periods of sitting.
- ✓ Remember to thank the people who have helped make your travel a more pleasant and comfortable experience; this includes thanking wheelchair attendants and kiosk workers who have done their job to ensure your unique travel needs are met.

While on the trip

- ✓ Consider wearing a medical ID bracelet.
- ✓ Always carry your primary care physician's phone number with you, as well as the contact information of any other medical practitioners and a close friend or relative who can serve as an emergency contact.
- ✓ Be flexible. While traveling, you may need to shorten your morning or afternoon routine. You will be sleeping on a bed that's not your own and that may be too hard or soft. Or

you may not have your caregiver there to assist. Regardless, see this as your time to be away ... so enjoy it!

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