

# TRAVEL TIPS

*for those with chronic illness*

## PACKING

Pack all medications in your carry-on bag in their **original** containers to avoid losing your medicine if your bags are lost. Take a few **extra** pills for each medication, just in case. Pack **salty** snacks and water bottles.



## PREPARING

Be prepared in the case of a medical emergency. Find the nearest **hospital** & urgent care center to your destination.

Keep a **list** of their medications & emergency contacts nearby. Carry a **card** with information about your illness.

## THE DAY OF

Consider wearing **compression** stockings to promote blood flow. Wear loose, **comfortable** clothes for your travel days. Travel with a cotton scarf to use as a **mask** if you encounter strong odors in the terminal or airplane.



## ON THE PLANE

Contact your airline and ask for wheelchair **assistance**, if needed. Consider **boarding** the plane last and leaving the plane last to minimize time spent standing. **Move** your legs, feet and ankles while seated on the plane to prevent blood pooling.



## AT THE HOTEL

When booking a hotel, consider one with a restaurant/room **service** and ask for a room near the **elevator** and on a lower floor to conserve energy. Hotels often have rooms designated for people with disabilities who need these **accommodations**, so call ahead!



Visit [www.standinguptopots.org](http://www.standinguptopots.org)