

Top 14 Travel Tips from Fellow Travelers

- 1. Use social networking**
Don't reinvent the wheel, contact people who have traveled. Talk to people in other countries about the accessibility there.
- 2. Send items in advance**
It will give you less to carry while traveling if you ship necessary items, such as medical supplies, to your hotel in advance.
- 3. Take it with you**
Bring a 2-3 day supply of necessary medications on board when flying, not just in your checked luggage, in case your luggage is lost.
- 4. Get it in writing**
If a place claims they are wheelchair accessible, send an email (and get a reply) stating all the items agreed upon for each part of your journey.
- 5. Get a decent bathroom**
How wide is the bathroom door, is there a seat in the shower, or how big is the lip leading to the shower, and how big is the shower?
- 6. Bring a personal care attendant from home**
You will feel more comfortable with someone you know. Hiring a personal care attendant at your destination can also be expensive.
- 7. Bring your accessible parking placard**
You can use it if you rent a vehicle.
- 8. Don't move**
At the airport check-in counter, be adamant with the agents that you want to sit in your own wheelchair right to the gate.
- 9. Get bulkhead seating**
You won't have to worry about the person in front of you adjusting their seat backward and hitting your legs. Know that 50% of aisle seats have removable armrests to perform a lateral transfer from chair-to-chair.
- 10. Get hydrated**
The environment on board an aircraft can be very dry. It is important to stay hydrated as to avoid any medical problems.
- 11. Know your chair**
If using a manual wheelchair, it may be taken apart in order to be stowed on the plane.
- 12. Ask for a straight-back chair**
Make sure the airline officials are aware you need a straight-back chair to board the plane. (This is an 'L'-shaped chair on two wheels that is used to wheel the passenger to his or her seat, where he or she is then transferred.)



From the Christopher and Dana Reeves Foundation

