TRAVEL TIPS

ASXL RARE RESEARCH ENDOWMENT

For ASXL families, by ASXL families

How to prepare:

- Familiarize yourself with ACAA regulations to understand your rights and the responsibilities
- Research the local pharmacy and hospital where you are staying
- Move furniture around to accommodate for safety in your hotel
- Get creative with places for your loved one to sleep
- Put favorite items on lanyards or baby chains so they can't be thrown
- Request bed rails ahead of time from the hotel
- Purchase gift cards as a thank you for the flight attendants
- Keep routines the same as much as possible to provide stability
- Slow down, plan for everything to take extra time, temper your expectations
- Bring additional support people to help (nurses, grandparents, aunts/uncles)
- Consider travel in a motor home/RV; lots of extra storage for supplies, diaper changes are easy on the go

What to pack:

- Bring "proof" of disability, handicapped placards help with making travel accommodations without having to have your loved one present
- Consider medication and bathroom needs during long flights/lay overs/long road trips. Keep this accessible and functional. Bring beach towels for diaper changes on the ground when needed
- Carry all cords and chargers for wheelchairs/feeding pumps/etc
- Bring noise canceling headphones
- Pack lots of extras (at least a week's worth): clothes, diapers, pads, G-tube supplies, formula, medications
- Be sure medications are labeled and be sure liquid meds are sealed in leak proof containers
- Bring emergency meds for behavior
- Bring favorite toys, snacks, comfort items, and electronics
- Consider portable safety devices to keep doors secure

Resources:

- TSA Cares (call and request at least 72 hours before departure)
- Inflatable travel bed for individuals with special needs
- Request a sunflower lanyard
- Prepare your loved one with a video of what to expect

Disability travel sites:

- Travel guide for autistic individuals
- Wheelchair accessibility while traveling
- Curb Free with Cory Lee: Travel site written from a wheelchair user's perspective