

travel tips

Rheumatoid Arthritis

Traveling, whether for business or pleasure, can be hectic and sometimes stressful! To ease stress, and hopefully prevent RA pain and stiffness, checkout the travel tips below:

Plan Ahead

Research the destination and plan trip details ahead of time, including transportation, lodging and amenities at local sites of interest. Book hotels that have features like in-room refrigerators, exercise facilities, hot tubs, on-site restaurants and a nearby pharmacy.

Timing is Everything

If possible, plan the trip for when you're likely to feel your best. If you know you tend to get flares at specific times of the year, or in certain weather conditions, avoid traveling during those times. Timing also matters during the day. If you're overly tired in the evening, schedule travel for earlier in the day. Traveling mid-week also helps to cut down on fatigue because airports are generally less busy.

Rent Smart

If renting a car, several companies offer special assistance programs. For example, Rent-A-Car's Access program rents cars with swivel seats, spinner knobs, and other hand controls. For other great resources, click here: <http://sath.org/>

Pack Like a Pro

Choose a lightweight rolling suitcase and pack only what you'll need. Don't forget to pack a list of the medications you're taking.

travel tips

Rheumatoid Arthritis

Mind Your Meds

Pack extra medication for emergencies, divided among your carry-on and checked luggage. Pack refrigerated medications in an insulated lunch bag or in a zip-top bag with an icepack. Bring a doctor's note for any medications that require needles. Keep your doctor's contact information and insurance card handy in case medications are lost or destroyed.

Keep on Moving

Sitting for long periods of time can cause joints to become stiff and uncomfortable. Try to reserve an aisle seat to easily stretch and get up and walk. If driving, plan to make regular stretch breaks.

Get Assistance

Getting assistance will save you and your joints from unnecessary stress and pain. Choose to utilize pre-boarding options, wheelchair or motorized escorts through the airport, pack lumbar pillows or heat wraps, or simply ask someone to help you with your overhead luggage.

Stick to Your Routine

To feel your best, try to maintain normal sleep, eating, and exercise habits. Utilize the hotel gym, pack healthy snacks, and try to stick to the sleep schedule that works best for you.
