

travel tips

Multiple Sclerosis

Whether for pleasure or work, traveling with MS may require extra planning. Below are a few suggestions and ideas for creating a smoother, stress-free experience.

Create a Plan

- Start planning in advance – save energy and don't try to plan a trip at the last minute.
 - Create a routine for traveling – map out a daily itinerary, and be sure to schedule in rest time.
 - Research restroom locations in the airport, on the driving route, and in the city you're visiting to stay prepared.
 - Research the locations of local pharmacies and hospitals.
 - Call ahead to hotels and transportation services and ask about special accommodations they offer.
 - Contact the airlines for information about wheelchair services – using a wheelchair or scooter can reduce fatigue and leg pain when navigating an airport.
 - Confirm use of assistance device 1-2 days prior to traveling
 - Start packing in advance – use the “Travel Checklist” at the bottom of the page as a starting point to help make packing easier.
 - Make a copy of all important travel information: hotel information, transportation, and your itinerary – Keep a copy in your carry-on luggage. Send a digital copy to a trusted friend or family member in case of an emergency.
 - Enlist a trusted friend or family member to help make preparing for the trip stress-free.
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Medical

- Keep all medications in original containers with labeling.
 - Carry a signed medical letter from your doctor. Include a list of what medications you are currently prescribed.
 - Pack medications in your carry-on luggage in the event checked luggage becomes lost.
 - Carry your doctor's phone number in case of emergency.
 - Make copies of all important medical documents: medication list, emergency contacts, doctors' contact information. Keep a copy in your carry-on luggage. Send a digital copy to a trusted friend or family member in case of emergency.
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Dietary

- Request special meals when applicable.
- Pack a reusable water bottle.
- Pack snacks to keep energy levels high.

travel tips & checklist

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Travel Documents

- Passport
- Travel Visa
- Boarding Pass
- Transportation Information
- Hotel Information
- [TSA Notification Card](#)

Medical

- Insurance Cards (make sure to include both your medical and prescription insurance cards)
- Insurance Company's Phone #
- List of Medications
- Signed Note from Doctor
- Emergency Contacts
- Medications in Original Packaging with Pharmacy Labels
- List of Local Pharmacies and Hospitals in the Area You're Visiting
- Insulated Cooler or Lunchbox to Tote Medications, if necessary

Food

- Reusable Water Bottle
- Healthy Snacks
- Chewing Gum

Electronic Items

- Cell Phone
- Laptop or iPad
- Phone Charger
- Computer Charger
- Headphones

Clothes

- Appropriate Pants
- Appropriate Tops
- Jacket
- Extra Underwear
- Cooling Vest or Cooling Clothes, if necessary
- Pajamas
- Comfortable Walking Shoes
- Water Shoes
- Sun Hat or Baseball Cap
- Socks - functional
- Socks - warm and comfy

Toiletries

- Toothbrush
- Toothpaste
- Floss
- Shampoo & Conditioner
- Lotion
- Shave Cream
- Poise Underwear Pads
- Contact Solution (if applicable)
- Extra Contacts
- Eye Glasses

Other

- Travel Pillow
- Travel Blanket
- Comfortable Carry-On Bag
- Cooling Towel
- Cooling Vest
- Book or Magazines

Important Travel Resources

Websites

[2018 Amended Americans with Disabilities Act](#)

Provides information on non-discrimination policies

[National Multiple Sclerosis Society Travel Resources](#)

Provides an extensive list of travel resources and websites

[TSA Travel Information](#)

Provides a detailed section regarding traveling with various health conditions

[CDC: Traveler's Health](#)

Travel and health info, recommendations for traveling to different countries, and other health-related travel information.

[Scootaround](#)

North American scooter and wheelchair rental company

[Special Needs at Sea](#)

Offers a variety of equipment rental options for cruises, hotels, and air travel

Apps

[Travelwell](#)

International travel app

[CDC Yellowbook 2018](#)

Provides medical advice and travel tips, maps, and ability to take notes