

Traveling Tips From One Family To Another:

Tips for flying:

- Carry all medications in a carry on bag and in the original containers
- Look up the appropriate [TSA procedures](#) in advance to avoid delays at security
- Consider contacting [TSA Cares](#) in advance, they can arrange for an escort through security to ensure the process goes smoothly. Inform them of any medications, liquids or equipment you may be traveling with
- If you are flying with a child who requires oxygen or if they are on a ventilator, contact the airline in advance to ensure their needs can be addressed safely
- Flying with a power wheelchair requires planning ahead. Follow this link for some great tips: [Tips for Air Travel with a Power Wheelchair](#)
- Familiarize yourself with the [Airline Passengers with Disabilities Bill of Rights](#)

Tips for traveling by car:

- Take frequent breaks
- If your child is traveling in a wheelchair, be sure to perform pressure relief as needed
- Ensure your child stays well hydrated (even if it means frequent bathroom breaks!)
- Consider planning stops near a park, playground, or other area where your child can move around and take a break from sitting

General travel tips:

- Have a “Go Bag” ready with additional supplies, snacks and activities in case of any travel delays
- Bring your accessible parking placard, even for international travel
- Movies/TV shows can really help pass the time. If you have access to a tablet, download a few different options and be sure to have a backup charger just in case
- Confirm with your hotel that you have booked a room that accommodates your needs
- A simple [ID card](#) in your child’s pocket can be helpful, particularly if your child has a tendency to wander
- Traveling with a doctor’s note detailing your child’s diagnosis may make it easier to access support and accommodations
- Plan well and enjoy your travels!

