

4 Travel Essentials for People with Disabilities



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Did you know that nearly [1 in 5 Americans](#) lives with a disability?

While living with a disability can be a challenge, traveling with a disability can be that much more challenging. However, by packing all the essentials and planning ahead, you'll likely find that traveling with disability can be a very rewarding, hassle-free experience.

1. Important Documents and Contact Information

[Bring multiple copies](#) of prescriptions, your passport, and your insurance documents. Keep a copy of each in your carry-on and another in your luggage. While you shouldn't rely solely on digital copies of these documents, it's not a bad idea to email them to yourself in case all hard copies are lost.

Collect and print out contact information for all your doctors and know how to access your medical records if you need them. If you've planned your trip through a travel agent, be sure to keep her information handy as well!

2. Hassle-Free Luggage

A critical consideration when traveling as a disabled person is the type of luggage you'll use. Take plenty of time to figure out what luggage works best for you. You'll likely want to look for

a lightweight set with wheels, but it all depends on your range of mobility. Consider asking your doctor or a knowledgeable salesperson what kind of luggage typically works best for someone with a similar disability.

3. Medications and Equipment

Pack your medications, eyeglasses, and medical equipment in your carry-on bag so you'll have them with you during travel.

Ask your airline or other transportation company how your medical equipment will be taken care of during your trip. Certain kinds of equipment won't count against your carry-on bag limit when you fly, but it's best to find out beforehand so you can make transportation plans accordingly.

4. Helpful Mobile Apps

Technology has done wonderful things for people with disabilities. For instance, did you know that there's an app that pairs up people with visual impairments to volunteers who can offer them visual guidance?

[Look for apps](#) that might make traveling with disability a bit easier and spend some time getting comfortable using them before you leave for your trip. And don't forget to pack a phone charger in your carry-on!

Planning out the details of your trip in advance and making sure you've packed all the essentials can make all the difference for your next [trip](#). Get these details sorted out before you leave and you'll thank yourself later when you're enjoying a hassle-free travel experience.

Submitted by Chloe Pearson