

ACCESSIBLE TRAVEL PLANNING CHECKLIST

Traveling offers opportunities for adventure, relaxation, and meaningful time with friends and family, and the right preparation can help ensure a safe, comfortable, and enjoyable experience. Whether you're planning a weekend getaway, visiting loved ones, or taking a dream vacation, these accessible tips can help you travel with confidence.



Prioritize Your Health: Before traveling, consider scheduling a visit with your healthcare provider, especially if you have ongoing medical conditions or are planning a long trip. Make sure you pack important items, including:

- ☐ An up-to-date list of medications and dosages
- ☐ Copies of prescriptions
- ☐ Health insurance information
- ☐ Emergency contact details
- ☐ Healthcare provider contact details
- ☐ Medications and medical supplies
- ☐ Mobility and accessibility devices and their chargers



Request Accommodations in Advance: Ask about accommodation options when initially booking your flight, and try to arrive at the airport early if possible to allow extra time for security screening. Many airlines offer services designed to help travelers, like:

- ☐ Wheelchair assistance
- ☐ Priority boarding
- ☐ Seating support



Plan Support Before You Go: Ensuring everyone is on the same page and everything is covered will help your whole group relax and have a good time. Confirm with everyone in your group who will be helping with important tasks before, during, and after the trip, including:

- ☐ Transportation and luggage
- ☐ Medication reminders
- ☐ Mobility needs
- ☐ Itinerary sharing
- ☐ Care coordination



Choose Accessible Lodging: When booking your hotel or rental property, you will want to consider asking about features that are important to you. These may include:

- ☐ Accessible parking and entrances
- ☐ Elevator access
- ☐ Roll-in showers
- ☐ Bathroom grab bars
- ☐ Visual or hearing assistance features



Use Technology to Your Advantage: These resources can provide additional independence and confidence while exploring new places. There are many helpful tools that you can use before and during your trip, such as:

- ☐ Navigation apps
- ☐ Medication reminders
- ☐ Accessibility guides and maps
- ☐ Communication or translation apps

Stay Comfortable on the Road: While road trips can be fun, they can also be physically demanding. Plan to stop every one to two hours to stretch and take a break, and ensure snacks and drinks are within easy reach.

Enjoy the Journey: Travel should be about creating memories, not managing stress. With thoughtful planning and the right accommodations, everyone can enjoy meaningful travel experiences while maintaining comfort and safety.



Additional insights & resources, visit the links: [Indiana University Accessible Travel Guide](#) | [Travel Indiana - Designed for All](#)

No matter where your journey takes you, remember that preparation is key. By planning ahead, prioritizing your health, and utilizing available resources, you can focus on enjoying the adventure!