

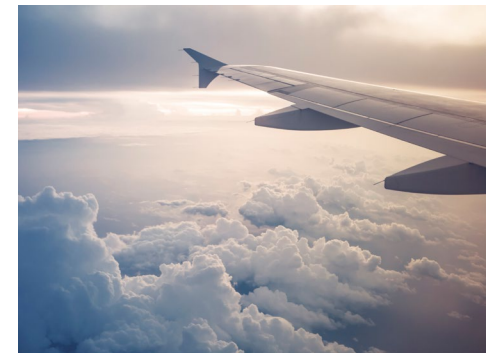
# You Can Ride, Walk or Fly! Successful Travel with MS

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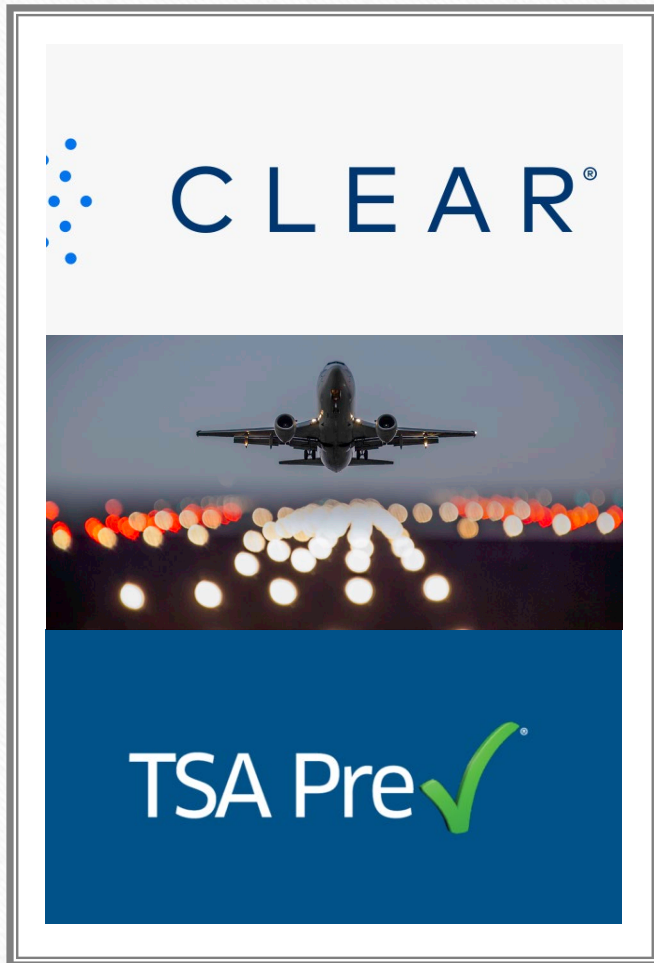
8:00 pm Eastern/ 7 :00 pm Central



# General Travel Advice

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- Be flexible with your plans
- Plan Ahead
- Call ahead of time for assistance
- Work with your travel agent
- Plan out your trip itinerary
- Get Travel insurance
- Consider personal risks
- Ensure that you stay well before you go
- Build up your stamina
- Talk to you MS specialists/clinician about your plans
- Travel with a reliable partner
- Ask for reasonable assistance
- Review vaccine requirements



# Travel by Air

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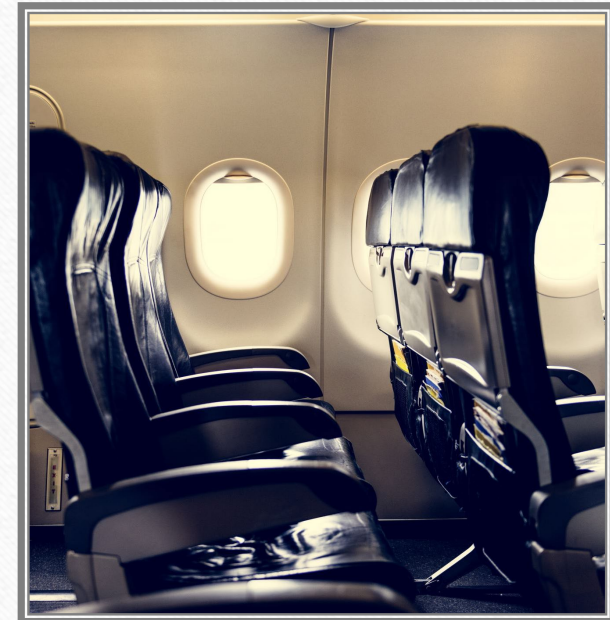
- Talk directly to an agent about your needs in advance
- Ask for a travel aide or wheelchair assistance if needed
- Do TSA PreCheck or Clear
- Call 72 hours prior to traveling to request assistance with a Passenger Support Specialist (PSS) at the checkpoint.
- Have a note from you provider about injectable medications
- If mobile , purchase a seat in an area to provide you with the most comfort (save your money!

# Travel By Air cont'd

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If immobile, request an aisle wheelchair on the plane

- Take your assistive devices for transfer
- Talk to travel agent/assistants about any sensitivities or other symptoms you may have
- If you have bladder issues, ask for a seat near the lavatory or wear incontinence undergarments the day of the flight
- Do not book close connecting flights
  - (have a least two hours between connecting flight)
- If you traveling with your own personal device, ask for it after each leg of your flight
- When checking your mobility device, attach written laminated instructions about storing and setting it up
- Download the [Airline Travel Bill of Rights](#) and read before you travel



# Cruise Travel

- Let your booking/travel agent know your needs and abilities
- Request accommodations from your hotel/car to the docking port
- Discuss use of your personal assistive device to ensure proper fitting
- Consider renting equipment
- Accessible rooms are first come first serve
- Pay for travel insurance
- Choose excursion early and book handicap accessible tours





# Bus Travel

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- Let your booking agent know about your needs:
  - Boarding/deboarding
  - Assistance with luggage
  - Stowing/retrieval of your personal assistive devices

# Plans for Going on A Road Trip



Think	Think about ongoing symptoms that may be impacted
Ensure	Ensure you have the appropriate handicap permits
Contact	Contact local/national rental car companies if you need hand controls or other features
Consider	Consider local wheelchair van rental

# Traveling by Train

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- Make reservations for an accessible space
- Discuss guidelines on accommodating the different types of manual and powered devices
- Discuss boarding, detraining and lay-over procedures



# Vacation Rentals

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- Contact Airbnb or VRBO about accessible rental properties (handrails, wide doors and entry ways, elevator access, accessible kitchen bathroom and sleeping quarters, etc.)
- Confirm with the renters before final booking
- Obtain travel insurance

# Traveling with Medications



OBTAIN WRITTEN  
CLEARANCE FROM YOUR  
MS CLINICIAN



TAKE ALL YOUR  
MEDICATIONS WITH YOU  
AS A CARRY-ON ITEM



CONSIDER INSULATED  
BAGS WITH ICE PACKS

# Other Items to Take

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- Transfer Equipment
- Portable Handrails
- Extra Medication
- Copy of Contact & Emergency Information
- Incontinence pads/garments
- Itinerary
- Medical Bracelet
- Cooling Vest/Cold Pack

# Close to Travel Time



Get plenty of rest



Write out a packing list



Check the weather



Consider the things you need vs the things you want



Discuss plans with travel buddy

# Report Discrimination



Air Travel: File complaint with airline or the US Department of Transportation's Aviation Consumer Protection Division



Cruise Travel: Contact the ship's guest services office/cruise line's customer service or contact a maritime attorney



Bus Travel: File a complaint with the transit agency you were using, the Federal Transit Administration Office of Civil Rights or the Federal Department of Justice



Train Travel: Contact the ADA Coordinator, call Amtrak Customer Relations or file a complaint with the Federal Railroad Administration's (FRA) Office of Civil Rights.

## Helpful Resources- Traveling with MS

- Department of Transportation

<https://www.transportation.gov/individuals/aviation-consumer-protection/traveling-disability>

- Traveling with MS Guide

<https://www.activemusers.org/traveling-with-ms-guide>

- TSA

<https://www.tsa.gov/travel/tsa-cares>

- Tips for Traveling Abroad

<https://msfocus.org/Magazine/Magazine-Items/Posted/Tips-for-Traveling-Abroad-with-MS.aspx>

- Traveling with MS Tips

<https://www.nationalmssociety.org/managing-ms/living-with-ms/diet-exercise-and-healthy-behaviors/travel#:~:text=Consider%20getting%20an%20MS%20identification,museums%20and%20restaurants%20are%20accessible.>

- MSAA Equipment Distribution Program

<https://mymsaa.org/msaa-help/assistive-equipment/>

- MSAA Cooling Products

<https://mymsaa.org/msaa-help/cooling-products/>