

# The mobility-minded holiday packing checklist

## Using this checklist:

Simply print off or save this document to your computer or tablet, then check off each item as you go. This checklist was compiled thanks to our network of users, OTs and families. We suggest using this alongside any advice from your OT or carer to ensure that you're equipped for whatever happens on holiday.

## Are we missing something?

Get in touch with us and we'll add it! Better still, share your holiday tips with us or send us your holiday snaps and story - we love to hear from our community.

Packing isn't the fun part of taking a holiday; but it's certainly important! If you or a loved one has a mobility impairment, check out our packing list below for some useful additions to your luggage:

## Travelling

- Medications** - ensure that all medications required for twice as long as you're planning to go away are made available. You never know when you might get stuck somewhere for longer than anticipated.
- A lightweight bag** for flights, trains and road vehicles with all your key provisions.
- Wheelchair or walker** - bringing your own chair on holiday can ensure you have a familiar piece of equipment on tour with you.
- Assistive Technology accessories** - take off your wheelchair or walker's components that may be at risk of damage in transit and pack these separately.
- Warm change of clothes** - you'll likely deal with a change in temperatures from location, travelling and the eventual destination, so it's best to be prepared.
- Noise cancelling headphones** - if you're the type of person who likes to tune out of airports, planes and other noisy parts of travel, then noise cancelling headphones are a great addition to your bag.
- Magazines and books.**
- Printed itinerary and ticket information** - there's no guarantee that you'll always have an internet connection or even battery on your devices, so it's best to have a hard copy of your travel information.
- Medical details and documentation** - having a record of your prescription for any medication and assistive equipment helps navigate travel more easily. For example getting access to more medication or additional help in another country.
- Guide/service dog gear** - if you travel with a dog, you'll want to make sure that all their equipment comes too, along with any documentation needed to get clearance through all countries you're travelling to.

## On Day Trips

- Daily clothing** - have a change of clothes for each day for as long as you'll go before doing laundry.
- Mobile phone** with a roaming plan + data.
- Sunscreen and hat.**
- Change of clothes** for hot and cooler weather.
- Portable ramp** - some wheelchair users bring a portable ramp for traversing steps and edges while seeing the sights.

## Bathroom

- Travel-size shower chair** - you can't always rely on bathroom facilities being good wherever you travel, and a personal shower chair offers comfort wherever you go.
- Shower chair carry bag** - transporting your chair is a lot easier if you opt for a model with a bag/case.
- Hand sanitizer** - staying hygienic in the bathroom is made much easier with a personal hand sanitizer bottle.
- Wet wipes** - for instances where the provided amenities in a bathroom have run out, having your own provisions comes in very useful.
- Travel hand soap** - dispensers in popular tourist locations often run out at times in the day, so having your own takes the stress away.

Read more about disabled travel in our dedicated guides

You can learn more about travelling with a disability, including holiday ideas, equipment and support in our full [disabled travel guide](#).