

## travel tips

### Psoriatic Disease

Whether for work or pleasure, traveling with psoriatic disease may require extra planning. Below are a few suggestions and ideas for creating a smoother, stress-free experience.

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#### Create a Plan

- Start planning in advance – save energy and don't try to plan a trip at the last minute.
  - Create a travel routine– map out a daily itinerary, be sure to schedule in rest time.
  - Research the locations of local pharmacies and hospitals.
  - Call ahead to hotels and transportation services and ask about special accommodations they offer.
  - Contact the airlines for information about wheelchair services – using a wheelchair or scooter can reduce fatigue when navigating an airport. Confirm use of assistance device 1-2 days prior to traveling.
  - Start packing in advance – use the “Travel Checklist” as a starting point to help make packing easier.
  - Make a copy of all important travel information: hotel and transportation information, and your itinerary – keep a copy in your carry-on luggage. Send a digital copy to a trusted friend or family member in case of an emergency.
  - Enlist a trusted friend or family member to help make preparing for the trip stress-free.
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#### Medical

- Keep all medications in original containers with labeling.
  - Carry a signed, medical letter from your doctor. Include a list of what medications you are currently prescribed.
  - Pack medications in your carry-on luggage in the event checked luggage becomes lost.
  - Call your insurance company to notify them of your traveling. Let them know where you are going and for how long. Some insurance companies may ship injectables to the temporary location.
  - Carry your doctor's phone number in case of emergency.
  - Make copies of all important medical documents: medication list, emergency contacts, doctors' contact information. Keep a copy in your carry-on luggage. Send a digital copy to a trusted friend or family member and in case of emergency.
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#### Dietary

- Request special meals when applicable.
- Pack a reusable water bottle.
- Pack heart-healthy snacks to keep energy levels high.

# travel tips & checklist

## Psoriatic Disease

### Travel Documents

- Passport
- Travel Visa
- Driver's License
- Boarding Pass
- Transportation Information
- Hotel Information
- [TSA Notification Card](#)

### Medical

- Insurance Cards (make sure to include both your medical and prescription insurance cards)
- Insurance Company's Phone #
- List of Medications
- Signed Note from Doctor
- Emergency Contacts
- Medications in Original Packaging with Pharmacy Labels
- List of Local Pharmacies and Hospitals in the Area You're Visiting
- Refills of Medications, if necessary
- Insulated Cooler or Lunchbox to Tote Medications, if necessary

### Food

- Reusable Water Bottle
- Healthy Snacks
- Chewing Gum

### Electronic Items

- Cell Phone
- Laptop or iPad
- Phone Charger
- Computer Charger
- Headphones

### Clothes

- Appropriate Pants
- Appropriate Tops
- Jacket
- Underwear
- Pajamas
- Comfortable Walking Shoes
- Water Shoes
- Sun Hat or Baseball Cap
- Socks

### Toiletries

- Toothbrush
- Toothpaste
- Floss
- Shampoo & Conditioner
- Lotion
- Shave Cream
- Deodorant
- Contact Solution (if applicable)
- Extra Contacts
- Eye Glasses
- Hand Cream
- Essential Oils
- Antibacterial Wipes or Gel

### Other

- Travel Pillow
- Travel Blanket
- Comfortable Carry-On Bag
- Book or Magazines
- Assistive Devices
- Heat or Cool Packs for Psoriatic Arthritis

## Important Travel Resources

### Websites

#### [2018 Amended Americans with Disabilities Act](#)

Provides information on non-discrimination policies

#### [TSA Travel Information](#)

Provides a detailed section regarding traveling with various health conditions

#### [CDC: Traveler's Health](#)

Travel and health info, recommendations for traveling to different countries, and other health-related travel information

#### [Scootaround](#)

North American scooter and wheelchair rental company

#### [Special Needs Group/Special Needs at Sea](#)

Offers a variety of equipment rental options for cruises, hotels, and air travel

### Apps

#### [Travelwell](#)

International travel app

#### [CDC Yellowbook 2018](#)

Provides medical advice and travel tips, maps, and ability to take notes