

travel tips

Lupus

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

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.
 - 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 this "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.
 - Schedule frequent rest breaks into your travel plans. Traveling can involve a lot more movement than your body may be used to. Make sure you listen to your body and rest accordingly.
 - Plan to protect yourself in the sun: pack a sun hat, UV resistant clothing, and broad-spectrum sunscreen with an SPF of 70 or higher.
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Medical

- Keep all medications in original containers with labeling.
 - Make sure you have more than enough medication you'll need during your trip. Pack additional medication in case a lupus flare occurs.
 - Carry a signed, medical letter from your doctor. Include a list of all medications you are currently taking (both prescription and over-the-counter).
 - Pack medications in your carry on luggage in the event checked luggage becomes lost.
 - Call your insurance company and pharmacy to notify them of your traveling. Let them know where you are going and for how long. Some pharmacies 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 in case of an emergency.
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Dietary

- Request heart-healthy meals when available.
- Pack a reusable water bottle.
- Pack heart-healthy snacks to keep energy levels high.
- Inquire about the use of garlic in prepared foods. For packaged food, check for garlic on food label ingredient lists.

travel tips & checklist

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Travel Documents

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

Medical

- 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
- Broad Spectrum Sunscreen
- Lotion
- Shave Cream
- Deodorant
- Contact Solution (if applicable)
- Extra Contacts
- Eye Glasses
- Hand Cream
- Antibacterial Wipes or Gel

Other

- Travel Pillow
- Travel Blanket
- Comfortable Carry On Bag
- Book or Magazines
- Assistive Devices

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](#)

Provides information about travel health, 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