



Preparation Checklist for Wheelchair Assisted Travelers

Confirm transportation arrangements:

- Schedule your transportation; if scheduling pickup well in advance, ensure availability.
- Double-check the pick-up and drop-off times and addresses.
- Inform the transportation service about your wheelchair and any specific requirements.

Medication and health-related tips:

- Bring an ample supply of your medications, including any necessary prescriptions, in their **original** containers.
- Pack a small first-aid kit with essentials like bandages, antiseptic wipes, and pain relievers.
- Carry a copy of your medical records, including a list of allergies, emergency contacts, and your doctor's information.
- If you have specific health concerns or conditions, consider wearing a medical alert bracelet or necklace.

Wheelchair-related preparation:

- Inspect your wheelchair before the trip to ensure it's in good working condition.
- Pack any necessary wheelchair accessories, such as cushions, seatbelts, or back supports.
- If your wheelchair is battery-powered, charge it fully before departure and bring the charger with you.
- If traveling by air, inform the airline about your wheelchair to arrange for proper handling and storage.

Essential items:

- Carry a sufficient amount of drinking water and stay hydrated throughout the journey.
- Pack snacks and light meals, especially if you have specific dietary requirements.
- Bring personal hygiene items, such as wet wipes, hand sanitizer, and tissues.
- Keep a small bag for garbage disposal to maintain cleanliness.

Accessibility at rest stops and accommodations:

- Research and plan your rest stops or overnight accommodations in advance to ensure they are wheelchair accessible.
- Check if accessible parking, ramps, and accessible restroom facilities are available at your planned stops.
- Consider booking accessible hotel rooms that meet your specific needs, such as roll-in showers or lowered beds.

Safety and emergency preparedness:

- Ensure your wheelchair is equipped with reflectors or lights to enhance visibility in low-light conditions.
- Carry a list of emergency contact numbers, including roadside assistance if applicable.
- Familiarize yourself with the emergency exits and safety procedures of any vehicles or accommodations you will be using.

Notes: