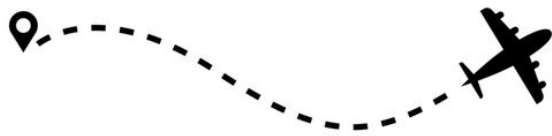


TRAVEL BUG

Travel Checklist



This checklist is hopefully going to help somebody when they are planning to go on holidays. This is to help with the frustration of

dealing with a disability, by giving you guidance in preparing for your holiday. It was created by a super-group of people with disability. We all have brain injuries. It affects us differently, e.g., short-term memory loss. Going on holidays, we would need help. By doing this checklist, it helps us and hopefully it helps somebody else with similar brain injuries like ours (or other disabilities).

WHO, WHEN, WHERE & HOW?

- Who and how many will be traveling?
- Will you need a support worker to travel with you?
- When do you plan on going? Do you have any appointments to consider around the dates of travel?
- Where are you going?
- How do you plan to travel? Eg; Car, Plane, Taxi, Boat, Train?
- What is your budget? Can you afford the trip you have in mind?

IMPORTANT CONSIDERATIONS

- Research an article online about travelling with disabilities.
- Many countries don't have the same access, services or support for people with disabilities as Australia. It doesn't mean you can't travel; it just means you may have more challenges to overcome. You may also face other risks unique to you and your disability, whether it's physical, sensory, psychiatric, neurological, or cognitive.
- Never assume anything. Research can avoid unpleasant surprises.

MEDICATIONS

- Must have all your medication with you when you travel.
- See your doctors before you go on your holiday and get a letter for you medication,

Questions to ask your doctor - are you going to have any problems filling this script interstate/Overseas? Is this a controlled drug? What are your recommendations for controlled drugs?

- Put medication in your carry-on bag.

IDENTIFICATION

- Your ID requirements will depend on your travel destination.
- If you are travelling in Australia, take a driver's licence (or Photo ID card) and Medicare card.
- If you are going overseas, check your passport expiry. You need at least 6 additional months on your passport if you are travelling overseas.
- Check the visa requirements for the country you are visiting. You might need to register when you are there and leaving.

GIVING ADVANCED NOTICE

- If you will need help to board your vehicle of transport (coach, train, plane, car) inform the relevant company in advance. Most companies will require notice of at least 48 hours before departure.
- If you are travelling with a Carer, find out if your carer might be able to travel for free.
- If you use a wheelchair or mobility device, find out from your travel provider or transport company if arrangements will need to be made to travel with it.
- Find out if the transport company has priority boarding and if you can put your name down for this.
- Consider applying for a companion card. Remember applications can take up to 6-8 weeks to process. You will need your GP to fill out a form for this.

PACKING

- What will we need to remember to pack/ bring with you? What items need to be organised in advance?
- Here is a handy list you might use when packing so you don't forget anything:
 - o Phone Charger
 - o Medication
 - o Clothes to suit your destination.
 - o Phone
 - o Wallet
 - o Toiletries (toothbrush etc)
 - o Medical clearance
 - o Disability aids and/or tools
- **Put the most important things in your carry-on** (ID, medication, etc).

International Considerations:

- Passport/ Identification
- Medication authority (if taking a controlled drug)
- Check power requirements for the country you are visiting. You might need a power adaptor, extra battery packs, etc.

FINANCIAL SUPPORT

- What are my financial considerations/constraints?
- Consult your funding body/ Support Coordinator to find out if there are any restrictions or financial supports available.
- Be prepared to not be paid while on holiday.

INSURANCE

- Make a list of what is important to you to have in your insurance policy. Think about your personal / disability needs.
- Reach out to friends, acquaintances, online forums, case managers (anyone with experience of travelling with a disability) to get recommendations for travel insurance.
- Look up at least 3 quotes from insurers. Compare them for cover vs cost vs fine print.
- Once you find a policy you like, contact the insurance company to talk to them about the quote and make sure you are happy with it. Make sure you are covered appropriately.
- TIP: look at 'financial support' section because you might qualify for funding assistance to pay for your travel insurance.

HOW TO BOOK

- If it's your first time travelling after injury/illness, consider consulting a travel agent. They can give you guidance and advice on how to travel with your disability & things to consider.
- Ask your travel agent if they have experience with booking holidays for people with Disabilities.
- Consult with your travel agent & airlines. Confirm your bookings, inform them of your disability requirements, making sure that everything will run smoothly for your medical needs.
- Make sure you are guaranteed an accessible room, do not just make a request.

USEFUL RESOURCES

Airport Inclusivity, <https://www.theguardian.com/australia-news/2023/feb/03/australias-airlines-and-airports-urged-to-improve-treatment-of-travellers-with-disabilities>

Smart Traveller, [Advice for travellers with a disability | Smartraveller](#)

Travel Insurance, <https://www.allcleartravel.com.au/travel-insurance/disability-travel-insurance>

Disabled World, [Disabled World: Disability News and Information \(disabled-world.com\)](https://disabled-world.com)