



*“Travel confidently. Prepare wisely. Your journey matters.”*

# Accessible Travel Master Packing List

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Join our Accessible Travel Community for more condition-specific guides, airport survival tips, cruise accessibility advice, and practical travel tools.

## Essential Documents

- ■ Passport / ID
- ■ Travel Insurance (declare conditions)
- ■ Doctor's Letter (medication & equipment)
- ■ Prescription Copy
- ■ Emergency Contacts
- ■ Assistance Confirmation
- ■ Disability / Access Card (if applicable)

## Medication & Medical Essentials

- ■ Prescribed Medication (extra supply)
- ■ Medication List (generic names)
- ■ Pill Organiser
- ■ Cooling Pouch (if required)
- ■ Pain Relief / OTC Medication
- ■ Electrolyte Tablets
- ■ Anti-nausea Tablets
- ■ Hand Sanitiser & Wipes

## Mobility & Physical Disabilities

- ■ Wheelchair / Scooter (labelled)
- ■ Charger & Adapters
- ■ Repair Kit / Spare Tube
- ■ Transfer Board
- ■ Portable Ramp (if needed)
- ■ Pressure Relief Cushion
- ■ Accessible Toilet Key (Radar key UK)

## Sensory Impairments

- ■ White Cane / Spare Tip
- ■ Spare Glasses
- ■ Hearing Aids + Batteries
- ■ Communication Cards
- ■ Portable Door Alarm
- ■ Screen Reader Devices

## Neurological & Cardiac Conditions

- ■ Cooling Products
- ■ Compression Wear
- ■ Electrolytes / Salt Tablets (if prescribed)
- ■ Medical ID Bracelet
- ■ Emergency Plan

## Diabetes Supplies

- ■ Insulin / Pump Supplies
- ■ Glucose Monitor / CGM
- ■ Test Strips
- ■ Hypo Snacks
- ■ Travel Sharps Container
- ■ Cooling Pouch

## Respiratory Conditions

- ■ Inhalers (spare)
- ■ Spacer
- ■ Nebuliser (if required)
- ■ Medical Certificate

## **Mental Health & Invisible Conditions**

- ■ Noise-Cancelling Headphones
- ■ Comfort Item
- ■ Fidget Tools
- ■ Visual Schedule
- ■ Sleep Mask
- ■ Calming Oil Roller

## **Dietary & GI Conditions**

- ■ Safe Snacks
- ■ Allergy Translation Card
- ■ Enzyme Tablets
- ■ Rehydration Salts

## **Practical Travel Add-Ons**

- ■ Compression Packing Cubes
- ■ Hanging Toiletry Bag
- ■ Silicone Travel Bottles
- ■ Portable Charger
- ■ Travel First Aid Kit
- ■ Rain Poncho
- ■ Portable Seat (if stamina limited)