

CONCLUSION

Travel for those with spinal cord injury poses many unique challenges, but the rewards of seeing the world are boundless. Here are some key takeaway points from this travel guide:

- Know both domestic and international disability rights!
- Consider day-to-day needs when building the packing checklist and the ADL and mobility needs checklist.
 - Include any medical information that is necessary (e.g. autonomic dysreflexia card, medications, doctor's note describing needs / illness, physician information).
- Prepare DME equipment appropriately, and troubleshoot before leaving.
 - Take pictures before traveling. Laminate pictures and keep them on one's person in case of any damage.
 - Research insurance to determine what will be covered if equipment gets damaged. Check equipment warranty and see what is covered for travel damage.
 - Have a kit with spare parts for the assistive device of choice (lubricant, bolts, wrenches, allen keys, duct tape, patch kits, extra tubes).
- Start with small outings in the community and work up to longer trips.
- Advocate for individual needs when booking trips! Ask questions to ensure needs are met!
- Build in extra time, have back up plans, and remain flexible to be able to deal with unforeseen challenges.
- Ask for help! Talk to other PwDs, therapists, vendors for any tips regarding travel!

The most important thing to do is to ENJOY the trip!

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