


16 TRIED & TRUE TIPS

For Traveling With
Limited Mobility



WISE
BLUE YONDER™



Setting out on your next adventure is exciting! New places to see, people to meet, food to try, experiences to be had... Let's be honest, travel can be exhausting, especially if you have limited mobility or are traveling with a companion who does.

Use these 16 tips, brought to you by Wise Blue Yonder, to travel comfortably and confidently on your next adventure.



wander on

BEFORE YOU GO:

A Little Planning Can Go A Long Way



Do research ahead of time.

Being prepared will take a lot of stress out of your trip. Once you decide where you want to go, and how long you will go for, use sites like [Wise Blue Yonder](#), or Google searches, to help you find resources that make traveling with limited mobility easier. Google and many Online Travel Agencies like booking.com, Trip Advisor, Expedia, Travelocity and more have a wheelchair-accessible filter in their advanced search options. However, beware that these filters are not fully vetted! They are also designed for wheelchair users, not necessarily people with limited mobility, whom have different needs. Sometimes you may arrive at the destination to find that the information is outdated or inaccurate. Don't hesitate to call the hotel, the attraction, or the airline to ask specific questions about your needs.



Check out our Tip Sheet:

[Questions to Ask When Booking a Hotel When Traveling With Limited Mobility](#) to guide your conversations.



Pre-book everything you can.

Make reservations, book tours, and schedule transportation well in advance of your trip. You'll feel more comfortable knowing and being confident in your plans before you arrive. You can also call or email each attraction ahead of time and ask questions specific to your limited mobility travel needs. This will keep you in the know and confident that you can navigate the activities you plan.

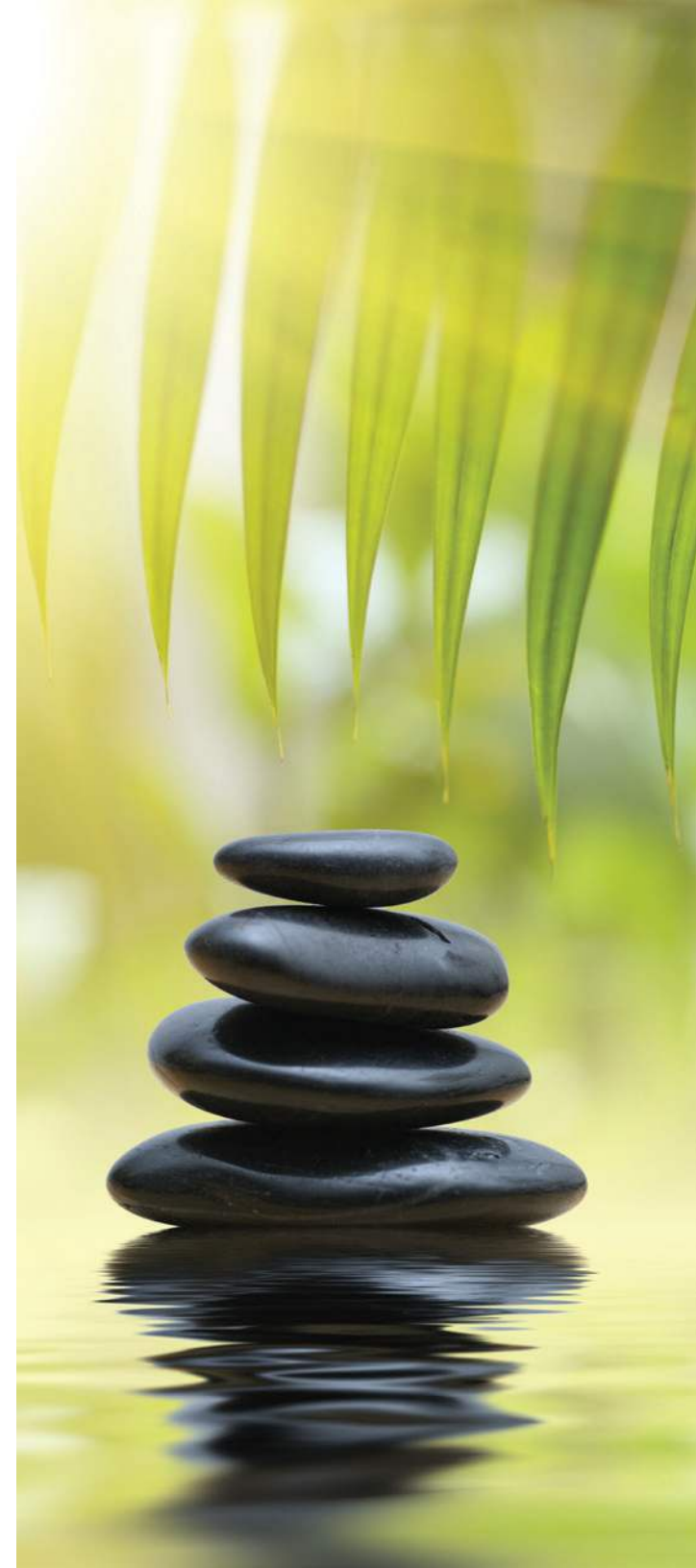
Consider working with a travel agency that specializes in working with people who have limited mobility needs. The Wise Blue Yonder travel team can also help build a custom itinerary for you based on your unique needs. Just [contact us](#) to discuss your plans.





Incorporate rest days into your itinerary.

Alternate days that are busy with a lot of movement (like sightseeing, museums, or shopping) with days that are more relaxing (like beach, high tea, or seeing a show). Look for hotels or resorts that offer on-site activities, like a spa, for your relaxing days. You'll feel a lot better if you intentionally pace yourself. And c'mon, everyone traveling with you will likely appreciate some built-in R & R.





Prepare translations ahead of time.

If you're traveling to a destination where you don't speak the local language, translate and write out your needs, limitations, and situation beforehand. You can also use Google Translate to help communicate with drivers, guides, servers, and more.

Include lists of medications, any allergies you have, and what you need to say if an emergency should occur and you need medical help. Chances are you will never need to use these translations, but you will have peace of mind in knowing that if something does happen, you have a way to communicate your needs.



Check out this handy [video tutorial](#) we found for using Google Translate.



Stay at a conveniently located hotel and try to limit the amount of times you switch hotels.

Staying at one hotel for the majority (or all) of your stay will help save you the stress and hassle of repacking and unpacking, moving, and settling in again. If you stay in or nearby the main area for attractions, you may be able to manage short walks to key attractions and find restaurants and coffee shops within a reasonable walking distance. You can route directions to all attractions from your hotel by using Google Maps, Apple Maps, or the map platform of your choice.





Consider booking private tours.

While private tours can be more expensive, if you are traveling with a group, they can actually be more affordable than large group tours! The advantages of private tours are numerous. You can contact your tour guide prior to your trip and they will modify your day and activities specifically to your mobility needs. You can also leave items in the car or van, so if you bring a walking stick or walker, medications, or other necessary items, you can easily store them in the vehicle.

Hop on Hop Off buses can be a great and affordable way to see the sites without walking, if the stairs to the top of the bus are manageable. Check out popular tour bus companies like [Big Bus Tours](#) or do research to see popular bus tours in the area you're visiting. Do be careful though, as the stairs in two-story buses can be quite steep.



When you talk to tour companies ahead of time be very clear about your needs. For example, if stepping into a vehicle that is high off the ground is difficult for you, ask if they have a stool or what type of vehicle it is. If you cannot climb stairs at all, let them know this so they can plan your destinations accordingly.



Pack light!

Bring a lightweight backpack and minimize the amount of stuff you need to carry. You would be amazed at how little you actually need to bring on a vacation ([see our “Traveling Light” article](#)). Traveling lighter will make your trip more comfortable and it will be easier on your health.

Make sure you pack your “must have” items, such as medications, assistive devices and comfortable shoes. Limit the nice-to-haves and consider bringing an extra bag so you can do some extra shopping if you want!





Bring portable chargers.

You'll feel more comfortable knowing your devices have charge. If you are using a Maps feature to navigate throughout the day, mobile phone batteries can drain quickly. Having a portable battery pack will ensure you always have access to arranging an Uber or Lyft to and from your destinations. And, if you need any additional support, knowing your phone is powered up offers a safety net.





Pack your handicap placard and extra medications.

If you plan to rent a car, having your handicap sticker will prove invaluable in U.S. states. You can also use it in some instances to receive free or discounted entry into attractions. For example, in Paris you can enter Versailles, Louvre and other government-run attractions for free with a disability card (also known as a handicap placard in the U.S.).

Wise Blue Yonder experts also strongly advise working with your doctor and care teams to fill prescriptions “just in case”. For example, bring Tylenol with codeine, or a Prednisone pack if you’re prone to flare-ups. Bring an EPIPEN if allergies are a concern. You know best what you need, think ahead and make sure you have any medications or modifications you’ll need while traveling.





Wear light, stretchy clothes and walking shoes.

You may be tempted to class up your wardrobe on your vacations, and rightfully so. Just remember that comfort is a critical key to success for people traveling with limited mobility. Wearing lighter clothes and walking shoes you know are comfortable for you also take up less space in your luggage. It's a win-win!



GETTING TO YOUR DESTINATION:

Keep it Moving



Give yourself plenty of time at the airport & leverage support staff.

Nothing can be more stressful or uncomfortable than being rushed. Plan lots of time for checking in for your flight, going through security, getting to your gate, using the restrooms pre-flight, and boarding. You'll feel more comfortable taking your time. And if you're there early, treat yourself to a margarita, a cup of coffee or even a pre-trip meal! If you have a hitch in your giddyup, do not hesitate to leverage TSA agents at U.S. airports. They can offer you a wheelchair ride all the way to your gate. Added perk: the entire travel party traveling with a person with limited mobility will often get to go through expedited lines as well, and TSA agents know exactly where they need to get you. In the U.S., you can usually find them right inside the entrance to the airport, even before you check in for your flights.

Larger airports like Minneapolis-St Paul International Airport have golf carts that will drive you to your gates right after you complete security screening. Wise Blue Yonder travel experts use these frequently and find them to be a life-saver!



Tip the TSA agents and cart drivers a small fee for their services if they do a great job for you. \$1-\$5 is appropriate and much appreciated.



Stretch and move along the way.

If you are flying, you may want to ask for a bulkhead seat when you check in for your flight. Airlines reserve these seats for passengers with special needs, so if your mobility challenges would be well served with some more space, don't hesitate to request it! These seats offer more legroom, which can help you stretch and be more comfortable. There are some drawbacks though. You cannot store your purses, backpacks or bags under your seat during take-off and landing, so you will need to store them in a bin above your seat until the plane is safely in the air. Sometimes you will also have monitors that need to be stowed during take-off and landing so you can't watch movies right away on your flight. If money isn't an issue, book a first class or premium comfort seat, you can often recline your seat and raise your legs, which can help a lot with pain and inflammation.



If you are driving or taking a train, be sure to get up and move a little bit during breaks every couple hours. Keeping your circulation going will help minimize swelling and pain while en route.



Have a plan for getting to your hotel, AirBNB or VRBO.

Once you've landed at the airport, retrieved your luggage and are ready to head out on your trip, make sure you have a plan for getting to your accommodations. In several countries, car services are popular and can be pre-arranged through travel agents or online with a Google Search. You may also want to rent your own car, which gives you maximum flexibility when getting around (especially if you bring your handicap placard).

At Wise Blue Yonder we often find that taxis are very easy to locate and walk to in most large national and international airports. We'll take a taxi to our destination and then Uber back to the airport at the end of our trips. Do a little research ahead of time to determine pricing and availability.



DURING YOUR STAY:

Wander with wonder



Don't pack too much in.

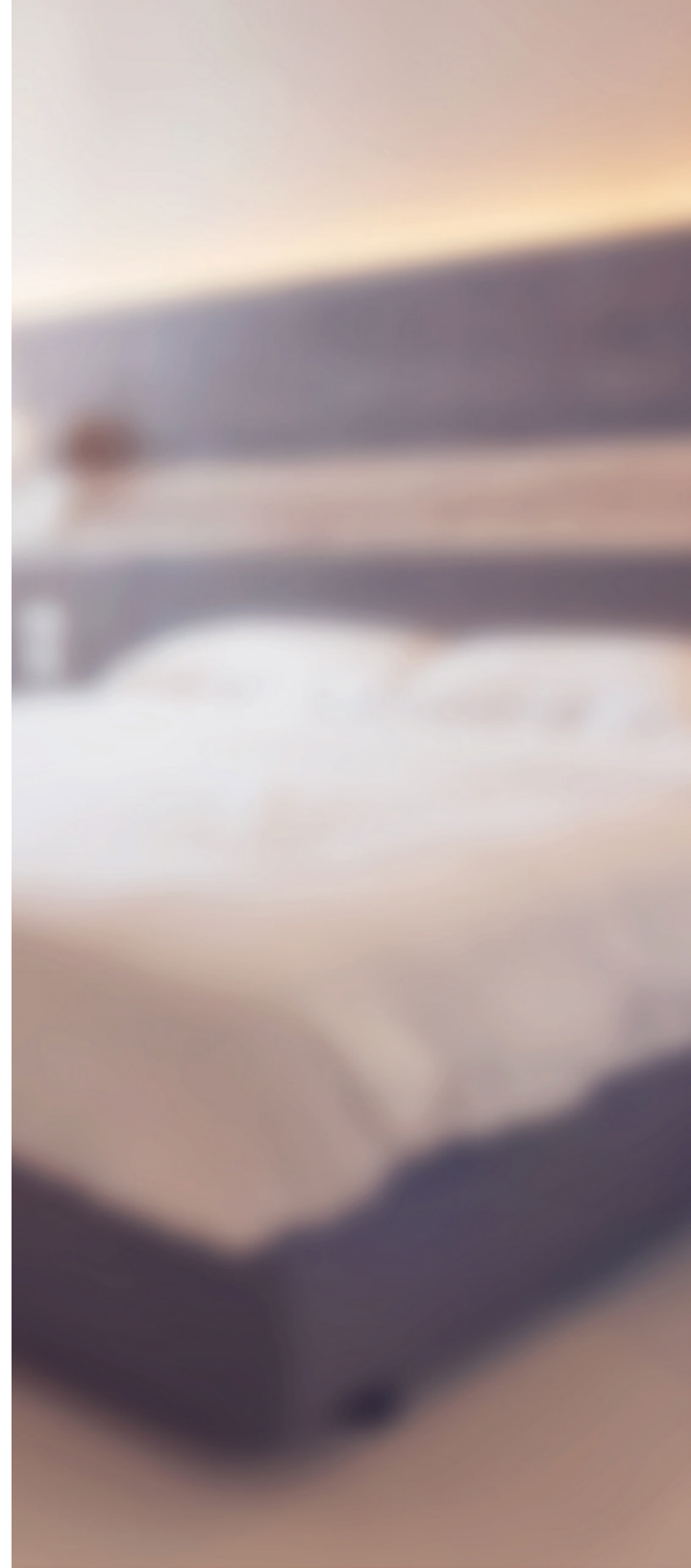
It's okay to do a few things thoroughly vs "seeing it all". The best travel memories can be spent really making the most of the little things along the way. No need to cram it all in, especially if you'll be too tired to enjoy it all.





Prioritize sleep.

This might be a no-brainer, but if you're tired, you're not comfortable. Take naps. Bring a familiar pillow if you have the packing space. Set boundaries so you're not up too late or too early. Get sleep, and prioritize your health and your trip will be so much more enjoyable.





Share your experiences with Wise Blue Yonder!

Please leave a review and share your experiences with us so we can in turn, share them with other travelers navigating our great world with limited mobility!

[Share here!](#)



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- 6 Consider booking private tours.
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- 8 Bring portable chargers.
- 9 Pack your handicap placard and any extra medications.
- 10 Wear light, stretchy clothes and walking shoes.
- 11 Give yourself plenty of time at the airport & leverage support staff.
- 12 Stretch and move along the way.
- 13 Have a plan for getting to your hotel, AirBNB or VRBO.
- 14 Don't pack too much in.
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- 16 Share your experiences with Wise Blue Yonder!



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wiseblueyonder.com

info@wiseblueyonder.com



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