



# PREPARATION FOR TRAVEL INFORMATION SHEET

The SIA Travel Hub is a place where you can find support and information about all aspects of travelling with a spinal cord injury. We want to encourage you to feel comfortable and confident travelling, whether that's to the local shop or on a foreign adventure.

Firstly, think about yourself, your family and carers. If it's your first time travelling following your injury, speak with your healthcare professionals to confirm it's safe to do so.

Speak to others via our community support groups and look at all the information available via the SIA Travel Hub – there are videos and podcasts as well as written information.

For UK travel, consider the modes of transport you need to use and what equipment will be available. Access to mobility equipment, an appropriate wheelchair and wheelchair skills will increase your independence whilst travelling. We recognise this can be a challenge; please see our resources for support with these aspects of getting ready to travel:

- Getting a wheelchair information sheet
- Mobility equipment information sheet
- Wheelchair skills information sheet



Think about your luggage and how you'll transport your belongings. There are some great practical products that can help with this.

- [Phoenix Instinct: Wheelchair luggage, bags and the Phoenix i](#)
- [Active Hands: Lapstacker flex](#)



Top tips will also come from well-travelled peers! Speak to your SIA support network coordinator, join your local SIA community group and other community forums for more insights, advice and information:

- Book a call with your [SIA support network coordinator](#)
- [Find your local SIA community group](#)
- Listen to the [SIA Travel with Confidence podcast series](#)
- View the [SIA Travel with Confidence videos](#)

Consider your wellbeing and mental health, as well as your physical care needs.

Having an Essential Care Plan and carrying an emergency card about autonomic dysreflexia (AD) can be helpful too.

- Download our [wellbeing information sheet](#)
- Find out more about making an [Essential Care Passport \(ECP\)](#)

Research your chosen destination and plan your travel insurance, visa and medication needs. Look at [Foreign travel advice \(GOV.UK\)](#) for all the guidance you need and see our information sheet about travel insurance.

Whilst we recognise the challenges and planning required to travel with a spinal cord injury, there is support out there. SIA's Travel Hub can guide you through all types of journeys, near and far, and link you with appropriate organisations.

**Enjoy your travels and share your experiences, The SIA travel team**

**For more information, visit our [Travel Hub](#) or contact us at:**

Spinal Injuries Association, SIA House, 2 Trueman Place, Oldbrook, Milton Keynes, MK6 2HH

e: [travel@spinal.co.uk](mailto:travel@spinal.co.uk) t: 0800 980 0501 (freephone support line: Monday - Friday 10.00am-4.00pm)