

Essential Travel Tips: Syringomyelia & Chiari



Carry-On Emergency Bag

Pack your medications or obtain RX for medications and fill them before you leave if you will run out.

Extra oxygen supplies or medical supplies that cannot be easily replaced if your current supplies break. (Catheter equipment, ventilator supplies, feeding tube equipment, dressings, or special equipment (ex:cooling vest to avoid overheating or compression stockings). Medication/Allergy List, Provider List, Emergency Contacts, Known Restrictions, Shunt Manufacturer, /Model/Year/Company Contact Information



Call to Check Items Listed Before Your Trip:

Call WSCTF to ask about free or commercial medical flights through our partnership with [PALS](#).

Call the airport ahead of the trip and request wheelchair assistance to and from the gate if needed.

Ask your airline if your oxygen equipment is airline approved and have a current RX from your doctor.

Check if the destination hotel offers discounted rooms for your hospital if you are traveling for medical care.



Disability Specific:

The Transportation Security Administration's (TSA) helpline for travelers with disabilities and medical conditions is 855-787-2227 (toll-free), or go to TSA's website, [TSA Cares](#). They can answer questions about screening policies, procedures, and the security checkpoints.

[Mobility International USA](#) can help find overseas disability organizations.



Travel Security Links:

[CDC Counseling and Advice for Travelers](#)

[U.S. Department of State Bureau of Consular Affairs](#)

[Overseas Security Advisory Council](#)



Safety tip: Always ask your treating physician if you are cleared to travel.