



#EverydayEB Peer-to-Peer Tips: Travel & Transportation

TIPS

Tip
Pre-bandage areas that are likely to blister during travel.
Watch YouTube videos on the specific destinations or accommodations so you're prepared.
Know where the nearest pharmacy, hospital, and grocery stores are in proximity to where you'll be staying in advance.
Ask hotel staff things that will make your stay more comfortable - extra pillows, accessibility questions, etc.
Make sure you like who you're traveling with and feel comfortable asking them for help.
Don't be afraid to travel (solo or otherwise). Travel agents and different companies can provide tailored experiences based on your physical needs and interests! People who truly love travel will work with you to design a trip that meets your needs!
Be prepared for every type of wound, even on a short trip.
Consider things like seatbelts that might cause extra friction for an extended amount of time.
Know what kind of environmental conditions impact you or your family member with EB and prepare beforehand for travel.
Either aisle or window seat better for airplane, so you are not squished in middle if it's a 3-or-more-seater.
Traveling always causes me to have a hard time going to the bathroom so medicine to help with constipation is a must.
Bring your own sanitation supplies and disinfecting sprays to ensure a clean environment for bandage changes.
Bring more bandages and ointment than you expect to use.
Make pre-cut kits for specific body parts (ie., like a foot kit) to cut down on time spent on bandage changes.
Pack both thicker and thinner socks and place them in all your luggage and carry-ons.
Pre-cut bandages and store into gallon size Ziploc bags, which helps make sure you have everything for each day and are organized.
Keep calm! Being panic of forgetting something will make the situation worse.
Contact TSA Cares for assistance through the screening checkpoint and additional support: https://www.tsa.gov/contact-center/form/cares
Contact your airline for wheelchair assistance from the curb to the aircraft.



Request to pre-board, as to not get bumped or stepped on in the boarding line.
Ask the flight attendants for assistance with lifting luggage.
Bring more than one pair of shoes so you can rotate if blisters develop.
Consider bringing your mobility scooter or chair, or renting one if needed for walking long distances.
Consider bringing your handicapped parking hangtag so you can use handicapped parking even when riding with others.
Low or no-cost medical travel and housing assistance: https://debra.org/other-resources/travel
Under current law, airlines are not permitted to charge passengers baggage fees to check in bags that are exclusively packing medical supplies on commercial passenger flights. To take advantage of this right, airline travelers with Epidermolysis Bullosa (EB) need to make sure to comply with the specific airline carrier's rules and procedures for such baggage. It is a good idea to contact your airline before your flight departure to speak with a representative about their procedures for checking in medical supplies for your trip.
Bring paperwork describing you/your child's diagnosis. In the event someone questions you at the airport, it is good to have an explanation of the diagnosis in writing, along with a list of medications you/your child has been prescribed by the doctor.

GEAR

Product
Luggage on wheels
First aid kits w/ some small distraction toys for kids
Soft blanket for sitting on or padding or warmth
Wheelchair
Neck Pillow
Slip Shorts

DESTINATIONS

Location
New Zealand
Minnesota, USA
Las Vegas, Nevada, USA
Marriott Hotels
Hawaii, USA



Alaska Cruise
Idaho, USA
Disney
Cruises
Harrison Hot Springs in British Columbia, Canada
Australia
Richmond, Virginia, USA
Los Angeles, California, USA

