



# Accessible Travel Checklist

We've partnered with Carrie-Ann Lightley to help create this guide for people with hidden disabilities who want to feel more confident planning and enjoying trips away from home. As someone who regularly explores the UK and beyond in her wheelchair, Carrie-Ann brings first-hand insight and practical tips to make getting out and about more accessible.

## Essential documents

- ☐ Passport or ID
- ☐ Tickets and booking confirmations
- ☐ Medical documents or doctor's letters
- ☐ Insurance policy details
- ☐ Emergency contact list
- ☐ Assistance booking confirmations (airlines, trains, hotels)

## Medication and health supplies

- ☐ Medication (enough for the whole trip + extras)
- ☐ Prescriptions in original packaging
- ☐ Mobility aids (wheelchair, walking aids, batteries, chargers)
- ☐ Medical equipment (catheters, oxygen supplies, etc.)
- ☐ Basic first aid kit

## Sensory and comfort tools

- ☐ Loop Earplugs or noise-cancelling headphones
- ☐ Sunglasses or tinted lenses
- ☐ Fidget toy or calming object
- ☐ Lightweight travel blanket
- ☐ Reusable water bottle
- ☐ Snacks for travel days
- ☐ Sensory aids (ear defenders, weighted items)

## Technology and communication

- ☐ Mobile phone and charger
- ☐ Portable power bank
- ☐ Accessibility apps downloaded
- ☐ Offline maps and key addresses saved
- ☐ Sunflower lanyard, wristband or pin badge
- ☐ Sunflower Extra card (optional)

## Before you leave

- ☐ Confirm assistance bookings
- ☐ Reconfirm hotel accessibility needs
- ☐ Pack essentials in carry-on luggage
- ☐ Allow extra time in your schedule
- ☐ **Breathe — you've got this!**