



Tips for Disabled Travelers

It is essential for you to prepare for your trip to ensure that your travel will be accessible, safe, and enjoyable. Individual countries have their own standards of accessibility for travelers with disabilities, so it is even more important to think about your needs throughout your trip and conduct research in advance.

Know Before You Go: Preparation is key. If you don't travel much, speak to someone with a similar disability and who has traveled before. Consult with your travel agent, hotel, airline, and others to understand the services available for your trip. Consider contacting [disability organizations overseas](#) at your destination.

Fly Prepared: The Air Carrier Access Act and its amendments have resulted in the Department of Transportation (DOT) instituting regulations to ensure that persons with disabilities are treated without discrimination in ways consistent with the safe carriage of all passengers, domestically and internationally. Carriers are prohibited from imposing charges for providing required facilities, equipment, or services to an individual with a disability that is covered by DOT's Air Carrier Access regulations. Travelers with disabilities should review the Department of Transportation pamphlet [New Horizons for the Air Traveler with a Disability](#) for more information about the Air Carrier Access Act. For further information about travel for individuals with a disability, please see the DOT website, www.dot.gov.

Research Medical Care and Costs: Consult with your physician prior to your travel overseas to identify your healthcare needs during your trip. Many countries have national health systems, but it is important to investigate availability and quality beforehand. Carry medical alert information and a letter from your health care provider describing your medical condition, medications, potential complications and other pertinent medical information. Note that environmental conditions at your overseas destination may contribute to specific health concerns, particularly if you are sensitive to altitude, air pollution, humidity, or other conditions.

Carry sufficient [prescription medication](#) to last your entire trip, including extra medicine in case you are delayed. Ask your pharmacy or physician for the pharmacological name of your prescriptions in case you need to purchase additional medication abroad, since physicians and pharmacists abroad are more likely to be familiar with that name. Pack your medication in your carry-on bag, since checked baggage is occasionally lost. Always carry your prescriptions in their labeled containers, not in a pill pack. Take a copy of your immunizations records along in your hand-carry luggage.

We highly recommend that you get health insurance to cover private medical treatment and for medical evacuation to the United States just in case. Medical treatment and hospital care abroad can be expensive, and medical evacuation to the United States can cost more than \$100,000. Medicare and Medicaid programs do not provide payment for medical services outside of the United States. You can find the names of some of the [companies offering short-term health and emergency assistance policies](#) on our website.

*The Bureau of Consular Affairs in the U.S. Department of State
has no higher responsibility than safeguarding our country's citizens.*

To find out more about the services we provide, go to <http://www.travel.state.gov>

For more tips related to [health issues](#) visit our website. Health information may also be found at the Travelers' Health page of the [Centers for Disease Control \(CDC\) website](#).

Understand Requirements for Service Dogs and Assistive Equipment: Before you travel, consult with the U.S. embassy or consulate at your destination regarding possible restrictions with the embassy or consulate of each country you will visit. If service dogs are permitted, find out about requirements for quarantine, vaccination, and documentation. Talk with your vet about tips for traveling with a dog, and make sure your hotel will accommodate your service dog. Find out if there are there specific policies for devices such as wheelchairs, portable machines, batteries, respirators, and oxygen. You may want to [research the availability of wheelchair and medical equipment](#) providers in the areas you plan to visit.

Understand your Social Security Benefits: If you are thinking about an extended trip abroad, find out if you can receive your Social Security or other federal agency benefits outside the United States. [Social Security Administration's Office of International Operations](#) (OIO) provides such information, and consular officers at the nearest U.S. embassy or consulate can also assist you.

Stay Connected: A secure way to maintain your emergency contact information is to enroll with [Smart Traveler Enrollment Program](#). Your information is stored securely and enables the Department of State, U.S. embassy, or consulate to contact you, your family, or your friends in an emergency according to your wishes.

Useful Links:

[Mobility International USA](#)

[Air Travel Service Complaints & People with Disabilities](#)

[Common Questions Regarding Travel for People with Disabilities](#)

[Flying with a Disability](#)

[Safe Travel for People with Hidden Disabilities](#)

[Access-Able Travel Source](#)

[Disabled Cruising Resources](#)

[DisabledTravelers.Com](#)

[Global Access News – Disabled Travelers Network](#)

[Society for Accessible Travel and Hospitality](#)