

Arthritis Travel Packing Checklist

Plan ahead for a more comfortable, low-stress trip

How to Use This Checklist

Traveling with arthritis often requires a bit of extra planning. Packing supportive, comfort-focused items can help reduce unnecessary strain, fatigue, and discomfort during your trip.

Use this checklist as a simple planning tool before travel days.

1. Comfort & Joint Support

- Braces or compression supports
- Pain relief creams or gels (if used)
- Heating pad or heat wraps
- Cold packs or gel packs
- Travel pillow or lumbar support
- Comfortable footwear

Notes (optional):

2. Medication & Health Essentials

- Daily medications
- Backup doses (if appropriate)
- Prescription information list
- Pill organizer (if helpful)
- Small carry-on medication bag

Always follow guidance from your healthcare provider when traveling with medications.

3. Mobility & Assistance Tools

- Cane, walker, or mobility aid
 - Spare tips or parts (if applicable)
 - Lightweight bag or backpack
 - Luggage with wheels
 - Seat cushion or padding
-

4. Fatigue & Energy Management

- Snacks or easy energy foods
 - Refillable water bottle
 - Easy-to-access rest items
 - Sleep aids or comfort items (if used)
 - Eye mask / earplugs (optional)
-

5. Clothing & Practical Comfort

- Loose, comfortable clothing
 - Layered outfits (temperature changes)
 - Easy-on shoes
 - Compression garments (if used)
 - Weather-appropriate items
-

6. Planning & Convenience

- Printed itinerary or travel details
 - Accommodation confirmations
 - Accessibility requests (if needed)
 - Emergency contact list
 - Insurance documents
 - Copies of important information
-

7. Personal Comfort Reminders

Things that help me stay comfortable while traveling:

Early signs I may need rest or breaks:

Reminder

Traveling with arthritis is often more comfortable when activities are paced realistically. Planning ahead allows for flexibility and reduces physical stress.

Disclaimer

This checklist is for general planning and personal support only. It does not replace medical advice. Always follow guidance from your healthcare provider.

About This Resource

Provided by **ArthritisWares.com**

Practical tools. No hype.