

Travel Tips for the Amputee

Pre-trip

- Inform airline/cruise line/train/hotel of your disability
- At check-in - request assistance (escort to departure gate) as this avoids standing in long line-ups through security and boarding
- At check in – request aisle seat or exit seat, or upgrade from economy
- Use separate handicapped lane through security check
- Inform security that you wear an artificial limb
- Use wheeled luggage to avoid carrying heavy packs
- Consider items in your hand luggage – every extra bit of weight counts for carrying
- Pack all items needed for donning your prosthesis in your carry-on luggage, in case of lost luggage or having to remove your prosthesis at security (unlikely).

During flight

- Stand up every hour and walk around
- Be careful about removing your limb if it is still swelling
- If you do remove your prosthesis, use drop-down table for a support (below the knee)
- Put your prosthesis back on well before the flight lands

Hot Humid Weather

- Increase your water consumption to prevent dehydration
- Your limb may swell which can affect the fit of your prosthesis
- Skin breakdown is more likely
- If you are sweating a lot, remove your prosthesis, clean your liners and skin more often.
- Ensure you have a skin-care kit with you in the case of skin breakdown

Prosthesis and supplies

- Ensure everything is in working order, screws are tight, before you leave on your trip. Consider creating your own 'prosthetic survival/tool kit'
- Pull-socks (putting on a suction socket) – take a spare.
- Valves (for a suction socket) – take a spare
- If you are using a water prosthesis for the first time, do a practice session at home in a community pool, before your departure.

Other

- **Weight Gain:** your eating habits change (increase consumption of alcohol, frequency of meals, types of food) as well as your activity level. Gaining weight can significantly affect the fit of your socket (suction).