

1. When you'll be traveling with a disability, or as a companion of a disabled person, we suggest you call airports and airlines well ahead of your departure time to find out about services, including wheelchairs, escorts, seating arrangements, special meals and shuttle services.
2. Make all the necessary detailed reservations long in advance to avoid possible delays and misunderstandings. When schedules are accounted for, several hours before leaving home, check all contacts by phone one more time.
3. Make sure to book non-stop or direct flights wherever you can. If you must change planes, give yourself plenty of time, and arrange in advance for wheelchairs, electric carts and other items for all necessary transfers to get through airports between planes.



4. Contact local authorities when you arrive at your destination to get schedules and pick-up points for public transportation facilities with accommodations for disabled travelers.
5. If you're traveling to various countries abroad, contact your nation's embassies and consulates there to check rules and regulations about your needs, such as availability of wheelchairs, guide dogs and special on-site medication.
6. If you consider your disability a minor one, don't be too brave or embarrassed to ask for help. Most airlines, hotels and other travel-related services are always willing to make your trip as comfortable as possible.
7. If you're disabled and traveling with friends, family or children, don't put the burden of your care on one person. Before you leave home, ask to set up a duty schedule, so that caring for you can be handled in a fair rotation way, and still give others plenty of opportunity to enjoy themselves.
8. When you pack, make sure to bring enough prescription and other necessary medications to last at least a week beyond your scheduled trip. In that way, if there are any unexpected delays, you won't run short.
9. Before you leave home, get a thorough understanding of tipping practices enroute to or at

your destination. At some places, tipping is not required. Others will expect up to 20 percent of the bill, and/or substantial tips for helping disabled people around airports, hotels and cruise ships. At the end of your journey, if relatives, accompanying friends or children have been particularly helpful to you, be sure to show your gratitude with money or other gifts to them.

10. Keep a positive attitude throughout out your trip, especially if you're the escort of a disabled person. You'll be very fortunate if nothing goes wrong in today's busy and often confusing travel industry. However, be prepared for delays and other glitches, and meet them with determination, rather than frustration.