

8 Travel Tips for Individuals with Traumatic Brain Injuries

1. Plan with Purpose

- Build in extra time for every step—packing, airport check-in, rest stops.
- Create a written itinerary with key addresses, times, and contacts.
- Let travel companions know you may need flexibility or quiet time.



2. Stick to Routines

- Try to maintain regular sleep, meals, and medication schedules.
- Use alarms or reminders to stay on track, especially in new time zones.

3. Pack Smart

- Bring noise-canceling headphones, sunglasses, and a hat to reduce sensory overload.
- Include comfort items like a weighted lap pad, fidget tool, or calming essential oils.
- Keep medications and medical documents in a carry-on bag.

4. Manage Sensory Input

- Airports and stations can be overwhelming—use quiet lounges or noise-reducing apps.
- For flying, request pre-boarding or aisle seating for easier access and less crowding.
- Wear sunglasses or a sleep mask to reduce visual stimulation.

5. Hydrate & Nourish

- Dehydration can worsen fatigue and headaches—carry a refillable water bottle.
- Pack healthy snacks like nuts, fruit, or protein bars to avoid blood sugar dips.

6. Take Breaks Often

- Whether driving or flying, schedule regular rest stops to stretch, breathe, and reset.
- Don't push through symptoms—listen to your body and brain.

7. Use Disability Services

- The Air Carrier Access Act protects your right to accommodations—request assistance early.
- Many airports offer hidden disability lanyards or quiet rooms—ask about them.

8. Caregiver Tips

- Keep a symptom checklist to track changes during travel.
- Be patient with memory lapses or mood shifts—travel can be disorienting.
- Build in downtime after arrival to allow for recovery.