

## Travel for People with OI

Besides an adventuresome spirit, the key to enjoyable travel is getting as much information as possible ahead of time. The following websites and businesses are good places to start. As you develop your itinerary, contact the places you plan to visit to determine if there are any accessibility issues. When working with an airline or travel agent provide clear and specific information about your needs regarding mobility, oxygen, special seating, aisle chairs, diet etc. People who have OI and are experienced world- wide travelers recommend traveling with a companion who understands OI.

### **Medical Travel**

**Air Care Alliance.** [www.aircareall.org](http://www.aircareall.org): The Air Care Alliance is a nationwide league of charitable flying organizations whose volunteer pilot members offer their services flying for health care, patient transport, disaster relief, and other missions of public service.

### **Vacation and Business Travel**

**Transportation Security Administration.** [www.tsa.gov](http://www.tsa.gov): This is the official US government site for information about airport security. It lists restrictions on items that can or cannot be packed in carry-on or checked luggage.

**International Association for Medical Assistance to Travelers.** [www.iamat.org](http://www.iamat.org). A non-profit organization that advises travelers about health risks, and worldwide immunization requirements. This organization can also supply travelers with a list of English speaking physicians outside the United States.

**Medic Alert.** [www.medicalert.org](http://www.medicalert.org): This is a well-known medical emergency information service. Members pay a yearly fee and wear an ID bracelet. Emergency medical personnel in the United States are trained to contact Medic Alert when they see the ID for a link to the member's medical history.

**Travel 0<sup>2</sup>.** [www.travelo2.com](http://www.travelo2.com): Information for travelers who require special oxygen delivery service.

### **Books:**

**Fodor's Great American Vacations for Travelers with Disabilities.** This classic guidebook has been updated regularly since 1994.

**Barrier Free Travel: A Nuts and Bolts Guide for Wheelers and Slow Walkers & 101 Accessible Vacations.** Both books are written by Candy Harrington, an advocate for accessible travel whose blog [www.barrierfreetravels.com](http://www.barrierfreetravels.com) offers many helpful travel tips.