

Traveling After a Stroke? Yes, you can.

Simple tips to make your trip safer, smoother
& less stressful.



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Before You Go: Get Medical Clearance

- Visit your doctor 4–6 weeks before your trip
- Discuss flights, long journeys, and health concerns
- Check if you need a "Fit to Fly" certificate

Safe travel starts before you leave home.



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Pack Your Medications Smart

- Carry all medicines in original packaging
- Pack at least 1 extra week of medication
- Keep medicines in your carry-on bag
- Carry a medication list with dosages

Never risk being without your medication.



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Plan for Accessibility

- Request wheelchair assistance if needed
- Choose an aisle seat near the restroom
- Ask for accessible hotel rooms
- Arrange airport assistance in advance

A little planning makes travel much easier.



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Don't Skip Travel Insurance

- Choose coverage for pre-existing conditions
- Check emergency medical coverage
- Understand claim procedures before departure

Better prepared than surprised.

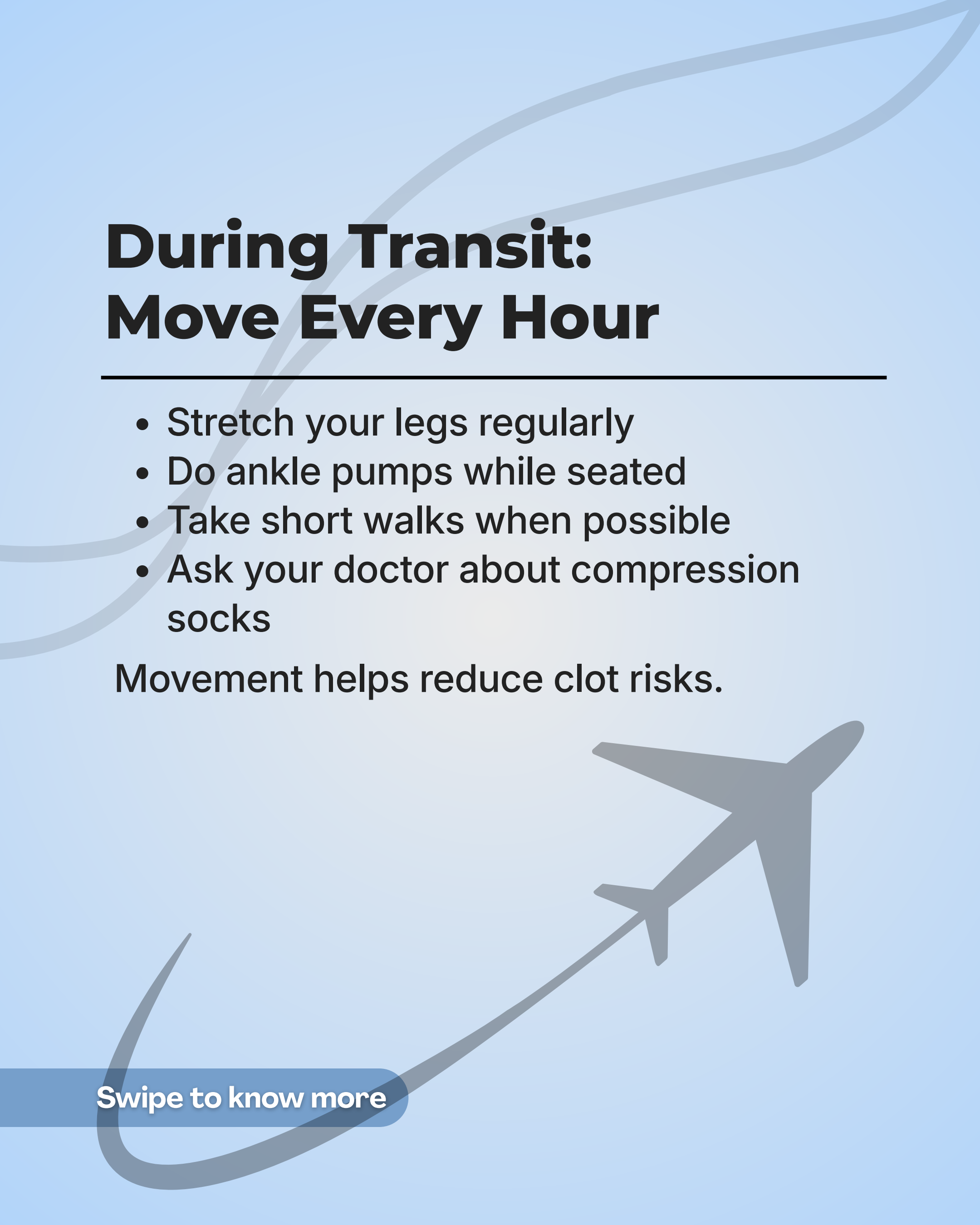


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During Transit: Move Every Hour

- Stretch your legs regularly
- Do ankle pumps while seated
- Take short walks when possible
- Ask your doctor about compression socks

Movement helps reduce clot risks.



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Stay Hydrated

- Drink water regularly
- Limit alcohol
- Avoid dehydration
- Carry a refillable water bottle

Hydration helps reduce fatigue and dizziness.



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Give Yourself Extra Time

- Arrive early
- Avoid rushing through airports
- Allow longer connection times
- Take breaks when needed

Travel should be comfortable, not stressful.



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At Your Destination

- Plan only 1 major activity each day
- Schedule rest periods
- Listen to your body's signals
- Avoid overexertion

Recovery-friendly travel is smarter travel.



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Keep Your Routine Consistent

- Take medications on time
- Maintain regular sleep schedules
- Set reminders across time zones
- Stay consistent with daily habits

Small routines create big stability.



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Know Your Emergency Plan

- Save the nearest hospital address
- Keep emergency contacts handy
- Carry your doctor's details
- Learn local emergency numbers

Small routines create big stability.



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Stroke Travel Essentials

- Medications & pill organizer
- Medical ID card/bracelet
- Emergency contact information
- Mobility aids
- Insurance documents
- Doctor's letter
- Medication list

Screenshot this checklist before your next trip.



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Traveling after a stroke doesn't have to be scary.

With the right preparation, you can explore confidently and safely.

