

Car Trip Checklist

1. Child's Car Seat: Make sure it is installed correctly and you can add quilt batting underneath the seat cover to make it a little more comfortable.
2. Pack a cooler. Some folks have food allergies or have difficulty swallowing, so you might consider packing a cooler with all the food you will need during the trip. There are now refrigerated coolers that plug into a car's cigarette lighter so that it is possible to pack all types of food and medicine.
3. Some families locate specialized grocery stores along their route and plan to restock special foods during the trip. Stores such as Trader Joe's and Whole Foods provide addresses and directions to all of their locations on their websites.
4. Pack some dried fruit, water, high-fiber snacks or milk of magnesia to prevent gastro-intestinal discomfort.
5. The right medical equipment for the terrain you will be covering.
6. Some hotels provide certain types of equipment such as shower chairs or hospital beds, but you must call and speak to the hotel manager. You can also rent equipment locally during your stay. Most major hotel chains offer wheelchair-accessible rooms with accessible bathrooms, but they must be reserved in advance.
7. Make frequent stops. This reduces toileting accidents.
8. Have a complete change of clothes handy for everyone in the car.
9. Get an access pass. If your itinerary includes a national park or national recreation area, your disabled family member is eligible for a free lifetime Access Pass. At some parks, the Access Pass grants free admission to everyone traveling in the vehicle with the pass holder, but the pass holder must present a photo identification along with the Access Pass.
10. If your itinerary includes an amusement park, you should visit the Guest Services Office to find out if your disabled family member is eligible for a fast pass or special ride privileges. Sometimes you will need a letter from your child's physician stating the nature of the disability for these privileges. It is a good idea to keep copies of these letters in your car glove compartment.