

The 7 A's of Accessible Travel tip sheet

Information and tips to **empower your journey** living with a neuromuscular condition.



Travelling with a neuromuscular condition isn't only possible – it can be an enjoyable and enriching experience. This tip sheet pulls together community wisdom into a guide you can dip into throughout your travel planning. It provides general information only and is not intended to replace individual, clinical, legal or professional advice.

The 7 A's of Accessible Travel



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- What happens if an activity becomes inaccessible due to weather or maintenance?
- What will happen if your carer becomes unwell?
- What information should family members or friends have while you're away?

Travel insurance

Travel insurance is an important part of travel planning. Most policies won't cover pre-existing conditions, though some companies may allow you to pay extra to cover them. It's important to understand exactly what is and isn't included before purchasing insurance.

Many travellers still find insurance worthwhile for things such as:

- Lost luggage
- Flight delays or cancellations
- Accidents unrelated to their condition
- Emergency travel changes

1. Advance Planning



Accessible travel often takes longer to organise. Investing time upfront can reduce stress later.

A planning order that works well

- Research destinations
- Draft a realistic itinerary
- Arrange assistance and supports
- Book transport
- Book accommodation
- Book activities
- Review everything and be ready to problem solve

Plan for the unexpected

Even the best-planned trips can encounter delays, cancellations or unexpected changes. Think about:

- What happens if transport is delayed?
- What will you do if mobility equipment is damaged or delayed?

2. Airlines



Flying is often one of the most stressful parts of travel, especially when you're navigating accessibility needs. The right information – and a few hard-won tips from peers – can make a big difference. You can find our comprehensive guide to navigating the ins and outs of air travel with disability in the Airlines Tip Sheet.



[View Airlines Tip Sheet](#)

3. Accessible Transport



Accessible transport is about getting from place to place safely, comfortably and with as much independence as possible.

Trains

Many train services offer boarding assistance, but this often needs to be arranged beforehand.

Before travelling:

- Check accessibility at both your departure and arrival stations
- Confirm lift and accessible toilet access
- Reserve wheelchair spaces where available
- Allow extra time for boarding, transfers and disembarking
- Check whether the train will have room for your luggage, particularly if travelling with larger items such as a shower chair or hoist.

Cruising

Cruises are a popular option for people with disability because you can unpack once and have destinations come to you. That said, accessibility can vary between ships, cabins and ports, so careful planning is still important.

Before you travel:

- Check availability of accessible cabins before you book and check cabin layouts carefully
- Review port accessibility information
- Understand whether tenders will be used at any ports and whether they are accessible
- Book accessible shore excursions
- Check voltage requirements



While cruising:

- Label mobility equipment clearly
- Keep essential items in your carry-on luggage in case of luggage delays
- Bring practical extras including extension cords, adapters, power boards and transformers
- Arrive early for shows and activities
- Expect lifts and shared spaces to be busy at peak times
- Ask for support from the cruise staff where needed
- Take extra precautions to prevent contagious diseases e.g. wearing masks and practising hand hygiene.

4. Accommodation



Finding accessible accommodation often takes extra time and careful confirmation.

Don't rely on labels

Terms such as "accessible" or "wheelchair friendly" can mean very different things depending on the property.

Ask specifically about:

- Step-free entry
- Door widths
- Bed height and if bed raisers can be used
- Bathroom layout
- Shower access, including availability of a handheld shower head or flip down seat
- Space to manoeuvre mobility equipment
- Accessible parking, including height restrictions if using accessible vans
- Floor type e.g. carpet can restrict hoist movement

Ask for photos

Photos will often tell you more than a property description. Request images or videos showing entrances, bathroom, bedrooms, and walkways and circulation space.

Communicate in writing

Phone conversations can be useful, but it's best to confirm important information by email so there's a written record if issues arise later.

5. Activities



Activities are often the highlight of a trip, but they're also where accessibility challenges can appear unexpectedly.

Ask practical questions

When planning activities, ask about:

- Distances
- Gradients
- Ground surfaces
- Accessible toilets
- Seating availability
- Shade and shelter

Check nature-based experiences carefully

Accessible beaches, lookouts and walking tracks do exist, but don't assume a destination marketed as "accessible" will suit your specific needs.

Book early

Accessible places on tours, boats, buses and experiences are often limited and may book out quickly.

Plan around your energy levels

Travelling can be physically demanding. Many people find it helpful to plan one major activity each day and build in time to rest before or afterwards.

Bring relevant cards and identification

You may be eligible for discounts, so remember to carry:

- Companion Card
- Concession cards
- Disability or carer identification



6. Assistance



The right support can make travel safer, easier and more enjoyable. Assistance may come from support workers, carers, family members, friends or services provided by transport operators and venues.

Travelling with support workers

If you're travelling with paid support workers, taking time to discuss arrangements before your trip can ensure everyone is on the same page.

Consider discussing:

- Hours and availability
- Wages and travel costs
- Roles and responsibilities
- Travel checklists and routines
- Contingency plans
- Rest breaks and downtime
- Accommodation arrangements

Where possible, document agreements in writing so expectations are clear.

Equipment and medication

Some travellers choose to hire items for their travels, such as portable ramps, shower commodes or hoists. Others take portable equipment with them e.g. Molift portable hoist or Showerbuddy travel shower chair. You can also ship supplies ahead of time.

When travelling, consider carrying:

- Medication in Webster packs
- Copies of prescriptions or scripts
- Contact details for your medical specialists
- A health management plan or medical summary
- Antibiotics for possible infections

If any medication needs to be refrigerated, make a plan for keeping it cool during travel and at your destination. Some medications can be in powder form and made up at the destination. Medical travel cooler are also bags available.



Explore available funding

Depending on your circumstances, some disability-related travel supports and assistance may be funded through the NDIS. If you're unsure, speak with your support coordinator, planner or provider before booking.

Remember: it's okay to ask

Requesting assistance isn't being difficult. It's part of making travel accessible. The goal is to have the right supports in place so you can travel safely, comfortably and confidently.

7. Advice

No amount of research can replace lived experience. One of the most valuable things you can do when planning a trip is connect with other people who have travelled with similar needs.

Consider:

- Joining disability travel groups and online communities like



[Have Wheelchair Will Travel](#)



[Accessible Travel Club](#)



[Accessible Accommodation](#)

- Reading reviews from other travellers with disability
- Asking peers about destinations, accommodation and transport options
- Sharing your own experiences to help others

Every traveller develops their own systems, shortcuts and lessons over time. The more advice you gather, the more confident you'll feel planning your own journey.

Ready to connect?



Subscribe to Talking Point

This is our monthly community newsletter, keeping you up to date on the latest events, information and research.



[Sign up here](#)

Contact Us

Whether it's joining an event, attending a retreat or simply having a chat, we'd love to hear from you. Wherever you're at, you don't have to do it alone – our team is here for you.

