My VYVGART® Path

GUIDE TO

EMPOWERED TRAVEL

Tips and exercises for planning and going on a successful getaway



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EMPOWERING YOUR NEXT TRIP

You may already be a regular traveler, or you might be getting back into exploring after some time away. Regardless of how experienced you are, planning ahead is the key to going on a successful trip—no matter the destination—especially when you're living with chronic inflammatory demyelinating polyneuropathy (CIDP).

Exploring what your goals are and what you hope to achieve on your next trip, as well as embracing packing and travel tips from accessibility experts, can help you **have an easier time on your next trip, whether you're going to the next town or another country**.



> "If you plan and understand how you're doing with your energy in your environment, it's **really helpful to see how that can translate into a trip** or a vacation."

Kim Zook

Accessible Travel Planner

Paid contributor

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What would *your trip* look like?

From day trips to big adventures, consider what you're hoping to get out of your travel experience: Is it seeing new things? Meeting old friends? No matter what your abilities are like given your CIDP, you can plan and experience traveling in a way that works for you.

LATELY, MY ABILITY LEVEL HAS BEEN…

PRETTY HIGH *How about…*	ABOUT AVERAGE *How about…*	QUITE LOW *How about…*
Going on a vacation that explores a new place	Visiting a friend or family member who lives out of town	Going to your favorite movie theater or other local haunt
Traveling with accessible arrangements	Embarking on a short cruise	Getting together with a nearby friend or family member for a low-key visit
Planning a trip with light excursions and relaxing activities	Opting for a relaxing stay at an all-inclusive resort	Going to a local park for some mindful people-watching
Taking a road trip with a friend or caregiver	Booking a weekend away at a nearby spa or cabin	Booking a staycation at an interesting local hotel
Traveling for work	Becoming a tourist at home with a bus tour of the nearest city	Spending a few hours at a local museum or other cultural institution

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Building your *travel plan*

Taking a trip is easier with a plan! It can be helpful to hash out details in advance, no matter where you're going.



"**Think about what every day looks like**: Do you take rest breaks throughout the day? Is your energy higher in the morning versus the afternoon? Plan from there."

Kim Zook, Accessible Travel Planner

Paid contributor

Tips to get from idea to itinerary

PLAY OUT HOW IT COULD GO:

Visualize how you'll get from point A to point B, like a mental rehearsal.

BOOK ACCOMMODATIONS THAT MEET YOUR NEEDS:

If you'll be in a hotel, find out if the room is set up to be easy to navigate.

GET ACCESSIBILITY INFORMATION:

Contact places you plan to visit to learn about their accessibility options.

WORK TOGETHER ON YOUR TRIP:

Talk to your travel partner to plan how to split responsibilities in advance based on physical abilities.

Tip! You can fill this resource out with your travel partner or caregiver to help you start planning ahead together.

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Setting *goals* for your trip

What are you hoping for on this trip? What concerns you? Exploring those topics in advance can help you build a trip that gets you where you want to go.

If I could only do or see one thing on this trip, I'd want to:

I'd like to also do or see other things, like:

Ex. Shop at the local market, people-watch in a café, and explore the nature preserve

On this trip, I hope to learn or explore:

It could help my trip if I did more research on:

Ex. Accessibility of local public transit options

The number one thing I really like about where I'm going is the:

- [ ] Weather
- [ ] Food
- [ ] Culture
- [ ] Art
- [ ] History
- [ ]

Based on how I'm feeling with my CIDP, for this trip I will need to accommodate for:

- [ ] Limb weakness
- [ ] My mobility
- [ ] Tingling/numbness
- [ ] Fatigue
- [ ] Pain
- [ ]

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Your *packing list*

Check off items as you pack or prepare them! Use the blank boxes in the right column to add your own items to the packing list.

HAVE YOU PACKED YOUR:			
☐	Water	☐	Medication list & medical history (digital)
☐	Comfortable, feel-good clothes	☐	Medication list & medical history (printed)
☐	Layers, if necessary (Check the weather!)	☐	
☐	Light blanket	☐	
☐	Travel neck pillow	☐	
☐	Lumbar support	☐	
☐	Written itinerary	☐	
☐	Mobility device(s)	☐	
☐	Small reminder of home	☐	

Packing tips for someone living with CIDP

Use packing cubes for compact storage	**Consider roller bags**	**Explore lightweight luggage options**



"When packing, **a really nice way to organize things is to make everything streamlined**: Clothes in one place, accessories and toiletries in another, so you can be really efficient about grabbing your stuff and conserving your energy on the trip."

Shiralee Patel, Physical Therapist

Paid contributor

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Go your *own way*

It's your trip—find ways to travel that work for you. It's important to keep extra things in mind as you travel to make sure you can accommodate for how your body feels.

Traveling with a mobility device

- ☑ Think about the terrain you'll need to navigate
- ☑ Consider whether you'll be able to easily get to your device(s)
- ☑ Plan for breaks to readjust your device(s) as needed

If you travel with a caregiver, they can...

- ☑ Serve as an extra set of eyes and ears
- ☑ Help with things like carrying luggage
- ☑ Support you in staying organized
- ☑ Be your advocate if you're feeling fatigued or need a break

Tip! Get caregiver-specific information and education that could help support your trip at **findcaregiverresources.com**.

Flexibility matters!

You may not need to use a backup plan while traveling, but it doesn't hurt to have one.

Ways I checked that my trip is flexible include:

Ex. Booking flexible excursions and choosing refundable tickets

I stay aware of my energy levels throughout the day by:

Ex. Briefly taking time to see if there's tension or fatigue in my body

If I need to recharge on my trip, I can spend time:

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Looking back on your *new experience*

Since you're home, now is the perfect time to reflect on how everything went. That way, your next getaway can feel even easier!



"Someone with a chronic illness can really **reflect on being empowered knowing that they were able to do this big thing**. Think about the memories of joy: That feeling kind of returns, and it can last with you."

Kim Zook, Accessible Travel Planner

Paid contributor

My favorite part of the trip was:

On this trip, I impressed myself by being able to:

Next time I pack and plan, I'll consider:

I learned that while traveling, next time I will:

Because of this trip, I will always remember:

Tip! Use this for your next trip by hitting "reset document" to clear all fields.

RESET DOCUMENT PRINT

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