

Travel Preparation Checklist for FND

This checklist is designed to support practical preparation for travel while living with Functional Neurological Disorder. It focuses on logistics, pacing, and recovery rather than outcomes or symptom control.

Use only what is relevant. This is not a requirement list.

Before You Travel

- Clarify the purpose and length of the trip
- Identify essential activities versus optional ones
- Allow extra time in your schedule where possible
- Plan for rest before travel day

Transportation and Mobility

- Consider how long you will be sitting, standing, or walking
- Arrange mobility or accessibility supports if needed
- Allow additional time for transitions
- Plan alternatives if delays occur

Accommodation and Environment

- Choose accommodation that supports rest and access
- Consider noise, lighting, and sensory demands
- Ensure access to bathroom and sleeping facilities
- Plan where you can rest if symptoms increase

Packing and Practical Supports

- Bring items that support comfort or regulation
- Pack any usual mobility or sensory supports
- Keep essentials easily accessible
- Avoid overpacking where possible

Daily Pacing While Away

- Limit the number of activities per day
- Schedule rest between activities
- Allow flexibility if plans need to change
- Pause activities if capacity decreases

Communication and Support

- Communicate limits or needs with travel companions
- Agree in advance on how plan changes will be handled
- Identify who to contact if support is needed

Planning for Return and Recovery

- Schedule lighter days after returning
- Delay non-essential commitments
- Allow time to re-establish routines

Using This Checklist

This checklist can be reviewed before each trip. Travel needs may change over time depending on symptoms, context, and capacity.

Preparation supports safety and manageability, not perfection.

Supporting Travel With Realistic Expectations

Traveling with Functional Neurological Disorder may require flexibility and adjustment. When travel is planned with capacity and recovery in mind, it can be more manageable and less disruptive.

