Traveling With Myasthenia Gravis (MG)

PLANNING SAFE, COMFORTABLE, AND ENJOYABLE JOURNEYS

A guide from the Myasthenia Gravis Association

myasthenia gravis association
MGA
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Traveling With MG is Possible

A diagnosis of myasthenia gravis (MG) can bring many changes and new considerations, but it does not mean you have to stop exploring, traveling, or making memories with the people who matter most. Whether you are planning a family vacation, visiting friends, attending an event, taking a road trip, or exploring a new destination, travel can still be a meaningful part of life with MG.

Many people living with MG successfully travel by making thoughtful plans that account for their symptoms, energy levels, and individual needs. The goal is not to travel exactly as you did before your diagnosis—it is to find strategies that allow you to continue doing the things that are important to you.
With preparation, flexibility, and support, travel can become an achievable and rewarding experience.

Planning Around Your Needs

Everyone's experience with myasthenia gravis is different. Symptoms can fluctuate from day to day, and what works for one person may not work for another. Before planning a trip, consider how MG may affect different parts of your travel experience.

Ask yourself:
- How much physical activity can I comfortably manage each day?
- Will the weather, heat, humidity, or altitude affect my symptoms?
- How much rest time will I need?
- Will I need mobility assistance, cooling strategies, or other accommodations?
- How will I manage my medications while away from home?
- What medical information should I bring with me?
- Who can help advocate for me if I need assistance?

Planning ahead can help reduce stress and prevent avoidable challenges. This may include choosing destinations with accessible accommodations, building rest periods into your schedule, arranging transportation assistance, or contacting hotels, airlines, cruise lines, or attractions before your trip.

A successful trip is not measured by how much you accomplish—it is measured by how much you are able to enjoy.

Balancing Independence, Safety, and Enjoyment

Living with MG may require you to approach travel differently, but needing support does not mean giving up independence. In fact, planning for your needs can provide greater freedom and confidence.

Independence may look different for everyone. For some people, it may mean traveling alone with appropriate accommodations. For others, it may mean bringing a trusted companion, using a mobility aid, scheduling more downtime, or asking for assistance when needed. The most enjoyable trips are those that allow you to participate without pushing beyond your limits. Listen to your body, communicate your needs, and give yourself permission to adjust your plans.

Remember:
- Resting is part of the journey—not a failure to participate.
- Asking for help is a tool that can make travel possible.
- Flexibility allows you to enjoy the moments that matter most.
- Your health and safety come first.

Travel is about experiences, connections, and memories. With preparation and self-advocacy, people living with MG can continue to discover new places, visit loved ones, and create meaningful adventures.

Planning Your Trip

Travel begins long before you pack your bags. For people living with myasthenia gravis (MG), thoughtful planning can help reduce stress, conserve energy, and create a travel experience that feels safe, comfortable, and enjoyable.

A successful trip does not require eliminating challenges—it requires anticipating them and creating strategies that work for you. By considering your symptoms, needs, and priorities ahead of time, you can focus more on enjoying your destination and less on managing unexpected obstacles.

Understanding How MG May Affect Travel

Myasthenia gravis can affect travel in different ways depending on your symptoms, treatment plan, and overall health. Because MG symptoms can fluctuate, it is important to plan for both your good days and the days when you may need additional support.

Before traveling, consider how the following may affect your plans:

Fatigue & Energy Levels	• Travel days can be physically and mentally exhausting. • Long periods of walking, standing, or waiting may increase fatigue. • Scheduling rest breaks can help conserve energy for activities that matter most.
Muscle Weakness	• Carrying luggage, climbing stairs, or walking long distances may require additional planning. • Consider accessible transportation options, luggage assistance, or mobility devices if needed.
Vision Changes	• Double vision or drooping eyelids may affect driving, reading schedules, navigating unfamiliar areas, or participating in certain activities.
Swallowing or Breathing Concerns	• Discuss travel plans with your healthcare team if these symptoms are a concern. • Know what steps to take and where to seek medical assistance if symptoms worsen.
Heat Sensitivity	• Heat and humidity can increase fatigue and weakness for some people with MG. • Consider destinations, seasons, accommodations, and activities that allow you to stay cool.
Stress & Illness	• Stress, infections, disrupted sleep, and changes in routine may affect MG symptoms. • Planning ahead can help minimize these triggers.

Understanding your own patterns and limitations allows you to make choices that support your health while still allowing you to enjoy new experiences.

Choosing a Destination

When selecting a destination, consider more than just what you want to see and do. Think about whether the location will support your health, comfort, and energy needs.

Questions to consider:
- What is the typical weather and temperature?
- Will the climate, altitude, or humidity affect my symptoms?
- How accessible are transportation, accommodations, restaurants, and attractions?
- How much walking, standing, or climbing is involved?
- Is medical care available nearby if needed?
- Will I have access to my medications and necessary supplies?
- Does the pace of the trip match my current abilities?

A destination does not have to be eliminated because it requires additional planning. Sometimes small adjustments—such as traveling during a cooler season, choosing accommodations closer to activities, or scheduling fewer activities each day—can make a significant difference.

Building Flexibility Into Your Plans

Flexibility is one of the most important parts of traveling with MG. Even with careful preparation, symptoms, weather, delays, or unexpected circumstances may change your plans.

Consider:
- Leaving extra time between activities and transportation connections.
- Avoiding tightly packed schedules.
- Planning rest periods throughout the day.
- Choosing refundable or flexible reservations when possible.
- Having alternative activities available if your energy level changes.
- Allowing time to recover after travel days.

A flexible itinerary does not mean missing out—it creates room to adjust so you can continue enjoying your trip.

Setting Realistic Expectations

Many people want to experience everything a destination has to offer, especially when vacation time is limited. However, trying to do too much can leave you exhausted and unable to enjoy the experience.

Before your trip, think about:
- What are the activities that matter most to me?
- What experiences do I want to remember?
- What can I skip or save for another visit?
- How much activity can I realistically manage each day?

Prioritize quality over quantity. A slower-paced trip with meaningful experiences is often more enjoyable than an exhausting schedule filled with activities.

Communicate your needs with your travel companions before you leave. Let them know that your plans may need to change depending on how you are feeling. A supportive travel partner understands that rest and pacing are part of making the trip successful.

Creating a Travel Checklist

Preparing ahead of time can make travel less stressful. Create a checklist that includes:

Example Travel Checklist

Medical Needs
- ☐ Medication supply and refills
- ☐ Medication list and dosages
- ☐ Healthcare providers contact information
- ☐ Emergency contacts
- ☐ MG medical information card
- ☐ Insurance information
- ☐ Necessary medical equipment or supplies

Travel Arrangements
- ☐ Transportation reservations
- ☐ Accessible seating or assistance requests
- ☐ Hotel or lodging accommodations
- ☐ Activity reservations
- ☐ Travel insurance information

Packing Essentials
- ☐ Comfortable clothing appropriate for the weather
- ☐ Comfortable shoes
- ☐ Sun protection and cooling supplies
- ☐ Snacks and water
- ☐ Phone charger and backup battery
- ☐ Important documents

Before Leaving Home
- ☐ Confirm medication schedule
- ☐ Check weather conditions
- ☐ Share itinerary with family or friends
- ☐ Arrange care for pets, home, or other responsibilities
- ☐ Confirm emergency plans

The best trips are not necessarily the ones with the most activities—they are the ones where you feel prepared, supported, and able to enjoy the experience.

Talking About Your MG

Travel can bring new experiences, but it can also place you in situations where you need to explain your condition, ask for assistance, or make adjustments to your plans. Learning to confidently communicate about myasthenia gravis (MG) can help you feel more prepared and ensure that others understand how they can support you.

Because MG symptoms can fluctuate, people may not always recognize when you need help. Someone may see you walking comfortably one day and struggle with weakness or fatigue the next. Explaining your condition ahead of time can help prevent misunderstandings and make travel more enjoyable for everyone.

Explaining MG to Travel Companions

Your travel companions play an important role in your experience. Whether you are traveling with family, friends, or a caregiver, it is helpful for them to understand what MG is, how it affects you, and what support you may need.

Before your trip, discuss:
- What symptoms you experience and how they may change from day to day.
- Activities that may be difficult or require adjustments.
- Signs that you may need a break or additional support.
- How they can help without taking away your independence.
- What steps to take if your symptoms become more serious.

A simple explanation of MG:
Myasthenia gravis is an autoimmune condition that causes muscle weakness and fatigue. My symptoms can change throughout the day, so I may need to rest or adjust plans depending on how I am feeling.

Remember!
Remember that your travel companions cannot know what you need unless you tell them. Open communication before and during your trip can help everyone have realistic expectations.

Advocating for Your Needs

Self-advocacy is an important part of traveling with MG. Asking for help or accommodations is not a sign of weakness—it is a way to conserve energy and create the best possible experience.

Advocacy may include:
- Requesting assistance at airports, hotels, attractions, or transportation services.
- Explaining why you may need extra time, seating, or breaks.
- Letting others know when an activity is not a good fit for your current energy level.
- Speaking up if your accommodations are not meeting your needs.

You are the expert on your own body. Others may not understand the challenges of MG unless you explain them. Clear communication can help others provide appropriate support.

Communicating Changing Symptoms

One of the challenges of MG is that symptoms can vary. You may feel well in the morning but need additional rest later in the day. Your abilities may change based on activity, stress, illness, sleep, weather, or other factors.

Help others understand that:
- A good day does not mean MG is gone.
- Needing rest does not mean you are not enjoying the trip.
- Changing plans is sometimes necessary to protect your health.
- Your limits may be different from someone else's.

Communicate with your travel companions.
For example:
  - "I may need to sit and rest while everyone continues exploring."
  - "I may join the activity later if my energy improves."
  - "I need to stop before I become overly fatigued."

Planning these conversations ahead of time can reduce stress when adjustments are needed.

Asking for Accommodations

Many travel-related accommodations are designed to help people participate more comfortably and safely. Do not hesitate to ask for support that may make your trip easier.

Examples include:

Transportation
- Wheelchair or mobility assistance at airports.
- Accessible seating options.
- Additional boarding time.
- Assistance with luggage.

Lodging
- Accessible hotel rooms.
- Rooms near elevators or on lower floors.
- Shower chairs or bathroom supports.
- Refrigeration for medications when needed.

Activities
- Rest areas.
- Reduced walking options.
- Accessible entrances.
- Alternative activities with less physical demand.

When requesting accommodations, be specific about what you need. Instead of saying, "I have trouble walking," explain how the difficulty affects your plans:

- "I can walk short distances but need frequent rest breaks."
- "Standing for long periods increases my weakness."
- "I may need a place to sit while waiting."

Clear communication helps others understand how they can support you.

Remember: Your Needs Are Valid

Travel may require more planning when living with MG, but your condition does not define your ability to explore, connect, and enjoy life. Communicating openly about your needs allows you to participate in travel experiences while respecting your health.

The goal is not to hide your challenges—it is to create the support and flexibility needed to make meaningful memories.

Understanding MG and Travel Challenges

Travel can be exciting and rewarding, but it can also introduce challenges for people living with myasthenia gravis (MG). Changes in routine, increased physical activity, unfamiliar environments, stress, heat, and disrupted sleep can all affect how you feel.

Understanding how MG may impact your travel experience allows you to prepare strategies before challenges arise. The goal is not to avoid activities—it is to plan in a way that allows you to participate while protecting your energy and health. Because MG symptoms vary from person to person and can change from day to day, pay attention to your own patterns and work with your healthcare team to develop a travel plan that fits your needs.

Fatigue and Energy Management

Fatigue is one of the most common challenges people with MG may experience while traveling. Travel often involves more walking, waiting, carrying items, navigating unfamiliar places, and adjusting to new schedules—all of which can use extra energy.

Strategies to conserve energy include:

- Plan your most important activities during the time of day when you typically have the most energy.
- Schedule breaks before you become exhausted.
- Alternate active periods with rest periods.
- Avoid planning too many activities in one day.
- Consider transportation options that reduce walking or standing.
- Sit whenever possible rather than saving seats for when you are already fatigued.
- Allow time to recover after travel days.

Remember!

Remember that rest is not missing out—it is a strategy that helps you continue participating in the experiences that matter most.

Muscle Weakness

Muscle weakness from MG can affect everyday travel tasks, including walking long distances, carrying luggage, climbing stairs, or standing for extended periods.

Before your trip, consider:

- How much walking will be required?
- Are elevators, ramps, or accessible entrances available?
- Will you need help with luggage?
- Would a cane, walker, wheelchair, or scooter allow you to participate more comfortably?

Mobility aids are tools that can increase independence and conserve energy. Some people use them only during travel or at locations that require more walking, such as airports, museums, theme parks, or large resorts.

Remember!

Do not wait until you are exhausted to ask for assistance. Using available resources early can help you save energy for the activities you want to enjoy.

Vision Changes

Some people with MG experience vision symptoms, including double vision (diplopia) or drooping eyelids (ptosis). Travel situations such as reading signs, navigating airports, driving, or using maps may become more challenging during periods of increased symptoms.

Helpful strategies include:

- Keep important information available in large print or electronically.
- Use navigation apps with voice directions.
- Allow extra time when navigating unfamiliar locations.
- Avoid driving if vision symptoms make it unsafe.
- Let your travel companion know if vision changes affect your ability to participate.

If your vision changes during travel, prioritize safety and make adjustments rather than pushing through.

Swallowing Concerns

Some people living with MG experience difficulty chewing or swallowing, especially when fatigued. Travel may introduce new foods, unfamiliar dining environments, or schedules that make managing symptoms more challenging.

Consider:

- Choosing restaurants where you feel comfortable with food options.
- Eating when you have enough energy rather than waiting until you are overly tired.
- Taking your time while eating.
- Carrying safe snacks or familiar foods when traveling.
- Discussing swallowing concerns with your healthcare provider before travel if this is a significant symptom.

If swallowing symptoms worsen or you experience signs of a serious problem, seek medical attention.

Breathing Concerns

Breathing symptoms require careful attention because MG can affect the muscles used for breathing. If you have experienced breathing weakness, discuss your travel plans with your healthcare provider before leaving.

Before traveling:

- Know your personal warning signs.
- Carry emergency medical information.
- Make sure your travel companion understands what to do if symptoms worsen.
- Identify medical facilities available at your destination.

Seek emergency medical care if you experience significant difficulty breathing, severe weakness, or symptoms that feel different from your usual MG pattern.

Heat Sensitivity

Heat and humidity can worsen fatigue and muscle weakness for some people with MG. Warm weather destinations, outdoor activities, crowded locations, and prolonged sun exposure may require additional planning.

Ways to stay comfortable include:

- Travel during cooler times of the year when possible.
- Plan outdoor activities during the morning or evening.
- Take frequent breaks in air-conditioned or shaded areas.
- Drink fluids regularly.
- Wear lightweight, breathable clothing.
- Use cooling products such as cooling towels, portable fans, or cooling vests.
- Know your limits and avoid overheating.

Planning for heat does not mean avoiding enjoyable activities—it means creating conditions that allow you to participate safely.

Stress and Symptom Management

Travel often brings excitement, but it can also bring stress. Changes in routine, delays, crowds, unfamiliar places, and trying to keep up with others can increase physical and emotional strain.

Strategies that may help include:

- Preparing as much as possible before leaving home.
- Keeping medications and important information organized.
- Allowing extra time instead of rushing.
- Maintaining regular sleep and medication schedules.
- Practicing relaxation techniques.
- Communicating when you need a break.
- Accepting that plans may need to change.

Stress management is not about making every moment perfect—it is about giving yourself the flexibility to respond when challenges occur.

Listen to Your Body

One of the most important travel skills when living with MG is learning to listen to your body. Your needs may change throughout the trip, and adjusting your plans is part of successful travel. A memorable trip is not defined by how much you accomplish. It is defined by the experiences you are able to enjoy while taking care of yourself.

Choosing a Travel Companion

Traveling with myasthenia gravis (MG) can be a rewarding experience, and having the right travel companion can provide additional support, confidence, and peace of mind. A supportive travel partner is not someone who takes over or makes decisions for you—they are someone who understands your needs, respects your independence, and helps create an environment where you can enjoy the journey.

The right companion can help with practical tasks, provide encouragement, and advocate for you when needed. Before traveling together, it is important to have open conversations about expectations, responsibilities, and how you will handle situations when your MG symptoms change.

What Makes a Supportive Travel Partner?

A good travel companion understands that MG can be unpredictable and that your abilities may change from one day to the next. They recognize that needing rest, assistance, or accommodations does not mean you are not interested in participating.

A supportive travel partner:

- Learns about MG and understands how it affects you personally.
- Recognizes your symptoms and knows when you may need support.
- Respects your decisions about your energy levels and limitations.
- Encourages you to participate without pressuring you to do more than you can safely manage.
- Is willing to adjust plans when needed.
- Helps with tasks that may be physically challenging.
- Advocates for your needs when you request assistance.
- Understands that rest is part of the trip—not a disappointment.

The best travel companions balance support with independence. They help you do more while still allowing you to remain in control of your own choices.

Discussing Expectations Before Traveling

Many travel challenges can be avoided by having honest conversations before leaving home. Even people who know you well may not fully understand how MG affects your daily life or how symptoms may change while traveling.

Before your trip, discuss:

Your Energy & Activity Level

Talk about how much activity feels realistic for you. Explain that your energy may vary and that you may need breaks even if you appeared fine earlier in the day.

Examples:

- “I may need to sit and rest during longer outings.”
- “I may need to return to the hotel earlier some days.”
- “I want to participate, but I may need to do things at a slower pace.”

How Decisions Will Be Made

Agree ahead of time that health and safety come first. Discuss how you will handle situations where you need to change plans.

Consider:

- Who will make adjustments if an activity becomes too difficult?
- How will you communicate that you need a break?
- How will you handle situations where others want to continue but you need to rest?

How They Can Help

Be specific about the type of support you find helpful.

Examples:

- Carrying heavier luggage.
- Helping navigate unfamiliar places.
- Finding seating or rest areas.
- Keeping track of important information.

- Speaking up if you become too fatigued to advocate for yourself.

Remember!
Remember, your companion cannot know what you need unless you communicate it.

Planning for Rest Days and Flexibility

A common travel mistake is trying to fit too much into a limited amount of time. While it can be tempting to maximize every moment, overextending yourself may lead to increased symptoms and less enjoyment.

Consider building flexibility into your itinerary by:

- Scheduling rest time after travel days.
- Avoiding major activities immediately after arrival.
- Planning lighter activities between busy days.
- Allowing time to sleep, recover, or relax.
- Having backup plans for days when symptoms are worse.

A rest day could include:

- Enjoying a quiet meal.
- Sitting at a scenic location.
- Exploring a nearby area at a slower pace.
- Relaxing by the pool or in an accessible outdoor space.
- Spending quality time with your travel companions.

Handling Different Energy Levels

It is normal for travel companions to have different energy levels and interests. Planning for this ahead of time can reduce stress and prevent anyone from feeling disappointed.

Discuss options such as:

- Your companion exploring an activity independently while you rest.
- Meeting up later for meals or planned events.
- Choosing activities that allow everyone to participate comfortably.
- Creating a schedule that includes both shared experiences and individual time.

A good travel partner understands that taking care of yourself helps you enjoy the moments you are able to share.

The Goal: A Shared Experience!
Travel with MG works best when everyone understands that flexibility is part of the adventure. The goal is not to follow the original plan perfectly—it is to create meaningful experiences while respecting your health.

The right travel companion will celebrate the memories you make together, not measure the trip by how much you were able to accomplish.

Planning for Rest Days and Flexibility

A good travel companion understands that MG can be unpredictable and that your abilities may change from one day to the next. They recognize that needing rest, assistance, or accommodations does not mean you are not interested in participating.

A supportive travel partner:

- Learns about MG and understands how it affects you personally.
- Recognizes your symptoms and knows when you may need support.
- Respects your decisions about your energy levels and limitations.
- Encourages you to participate without pressuring you to do more than you can safely manage.
- Is willing to adjust plans when needed.
- Helps with tasks that may be physically challenging.
- Advocates for your needs when you request assistance.
- Understands that rest is part of the trip—not a disappointment.

The best travel companions balance support with independence. They help you do more while still allowing you to remain in control of your own choices.

General Travel Tips

Whether you're traveling across town or around the world, a little preparation can go a long way. While myasthenia gravis (MG) may require additional planning, thoughtful strategies can help reduce fatigue, prevent unnecessary stress, and make your trip more enjoyable. Not every recommendation in this section will apply to every traveler. Choose the tips that best fit your symptoms, destination, and travel plans.

Conserve Your Energy

Travel often involves more physical activity than expected—from walking through airports and carrying luggage to standing in lines and sightseeing. Conserving your energy allows you to participate in the activities that matter most.

Consider these energy-saving strategies:

- Prioritize your "must-do" activities and allow yourself to skip less important ones.
- Schedule demanding activities during the time of day when you typically have the most energy.
- Alternate activity with rest throughout the day.
- Sit whenever seating is available instead of waiting until you're fatigued.
- Break larger activities into smaller, manageable parts.
- Avoid carrying heavy bags whenever possible.
- Allow extra time so you don't have to rush between destinations.
- Listen to your body and stop before symptoms become overwhelming.

Remember!
Remember, pacing yourself is one of the most effective ways to manage MG symptoms while traveling.

Plan for Accessibility

Researching accessibility before you leave home can help eliminate surprises and reduce unnecessary physical strain.

Before booking transportation, lodging, or activities, consider asking:

- Are elevators, ramps, or accessible entrances available?
- How much walking or standing is required?
- Is accessible parking available?
- Are wheelchairs or scooters available to rent?
- Does the hotel offer accessible guest rooms or shower chairs?
- Are attractions accessible for people using mobility devices?
- Are there places to rest throughout the venue?

Many hotels, museums, theme parks, and tourist attractions provide accessibility information on their websites or through customer service departments. If you need accommodations, don't hesitate to ask. Making arrangements ahead of time often results in a smoother travel experience.

Consider Travel Insurance

Unexpected illnesses, weather delays, or changes in your health can disrupt travel plans. Travel insurance may help protect your investment if you need to cancel, interrupt, or delay your trip.

Depending on the policy, travel insurance may help cover:

- Trip cancellation or interruption
- Medical care while traveling
- Emergency medical transportation or evacuation
- Lost or delayed luggage
- Travel delays

Policies vary widely, so review coverage carefully before purchasing. If you have a pre-existing medical condition, ask whether additional coverage or specific eligibility requirements apply.

Use Mobility Assistance When Needed

Using mobility assistance is not giving up your independence—it is a way to conserve energy so you can enjoy more of your trip.

Depending on your needs, consider:

- Airport wheelchair assistance
- Electric carts in large airports
- Accessible shuttle services
- Wheelchair or scooter rentals
- Hotel luggage assistance
- Mobility aids such as canes, walkers, or rollators

Even if you do not regularly use a mobility device at home, you may find it helpful during travel when walking distances are much greater than usual. Many destinations—including airports, cruise ports, theme parks, museums, and large resorts—offer mobility services that can be reserved in advance.

Reduce Your Risk of Infection

Travel exposes you to new environments and large numbers of people, increasing your risk of illness. This can be especially important if you take medications that affect your immune system.

To help reduce your risk:

- Wash your hands frequently with soap and water.
- Carry hand sanitizer for times when handwashing isn't available.
- Avoid touching your face with unwashed hands.
- Stay current on recommended vaccinations after discussing them with your healthcare provider.
- Avoid close contact with people who appear ill when possible.
- Practice good food safety, especially when traveling internationally.
- Get adequate sleep and stay well rested.

If you develop signs of illness while traveling, contact your healthcare provider or seek medical care if symptoms become severe.

Talk with your healthcare provider before receiving any vaccines for travel.
Some vaccines may not be appropriate depending on your medications or treatment plan.

Stay Hydrated and Avoid Overheating

Heat and dehydration can worsen symptoms for some people living with MG. Planning ahead can help you stay comfortable, especially during warmer months or in hot climates.

To stay cool:
- Drink fluids regularly throughout the day, even if you don't feel thirsty.
- Carry a reusable water bottle whenever possible.
- Plan outdoor activities during the cooler morning or evening hours.
- Take breaks in air-conditioned buildings or shaded areas.
- Wear lightweight, breathable clothing.
- Choose a wide-brimmed hat and sunscreen when spending time outdoors.
- Consider cooling towels, portable fans, cooling neck wraps, or cooling vests if heat affects your symptoms.
- Avoid prolonged exposure to direct sunlight during the hottest part of the day.

If you begin feeling unusually weak, overheated, dizzy, or excessively fatigued, move to a cool location, hydrate, and rest.

Additional Tips for a Smooth Trip

Small preparations can make a big difference.

Before you leave home:
- Keep emergency contacts readily available.
- Share your itinerary with a trusted family member or friend.
- Charge phones and portable batteries before travel days.
- Keep important documents organized and easy to access.
- Allow extra time for transportation connections and check-in procedures.
- Have a backup plan for unexpected delays or changes in your health.

Travel doesn't have to be perfect to be enjoyable. By preparing ahead, conserving your energy, and using available resources, you can focus less on potential challenges and more on creating lasting memories.

Packing and Luggage

Packing thoughtfully can make traveling with myasthenia gravis (MG) easier and less physically demanding. The right luggage, a well-organized packing strategy, and a few adaptive travel tools can help conserve energy, reduce muscle strain, and make it easier to navigate airports, hotels, and other destinations. When packing, focus on bringing what you need—not everything you might need. A lighter suitcase is easier to manage and leaves more energy for enjoying your trip.

Pack Light and Pack Smart

Overpacking can make lifting, carrying, and maneuvering luggage more difficult. Instead, pack versatile items that can be mixed and matched throughout your trip.

Consider these packing strategies:
- Choose clothing that can be worn in multiple combinations.
- Pack lightweight, wrinkle-resistant fabrics when possible.
- Limit shoes to two or three versatile pairs.
- Check the weather forecast before packing.
- Plan to do laundry on longer trips rather than packing extra clothing.
- Leave room in your luggage for souvenirs or purchases.
- Use travel-sized toiletries whenever appropriate.
- Place heavier items near the wheels of your suitcase for better balance.

Creating a packing checklist before your trip can help ensure you don't forget important items while avoiding unnecessary extras.

Choose Luggage That Works for You

The right luggage can make a significant difference in your travel experience.

Look for luggage that is:

- Lightweight and durable.
- Equipped with four smooth-rolling spinner wheels.
- Easy to maneuver with minimal effort.
- Designed with an adjustable telescoping handle.
- Easy to identify with colorful luggage tags or ribbons.

If possible, avoid lifting heavy suitcases. Instead:

- Use luggage carts when available.
- Ask for assistance from airport staff, hotel personnel, or travel companions.
- Take advantage of curbside baggage services or hotel bell services.
- Ship larger items ahead if practical.

Remember!
Remember that asking for help with luggage helps conserve energy for the activities you want to enjoy.

Carry-On Essentials

Your carry-on bag should contain the items you may need during your travel day or in case your checked luggage is delayed.

Example Carry-on Essentials Checklist

Medical Essentials

☐ Prescription medications (in their original labeled containers)
☐ A complete medication list
☐ Copies of prescriptions, if appropriate
☐ Medical alert identification
☐ Health insurance cards
☐ Emergency contact information
☐ Your MG medical information card
☐ Small medical supplies or equipment you may need during travel

Personal Essentials

☐ Phone and charger
☐ Portable battery pack
☐ Wallet, identification, and travel documents
☐ Eyeglasses or sunglasses
☐ Water bottle (empty until after airport security if flying)
☐ Healthy snacks
☐ Lip balm and moisturizer
☐ Light sweater or jacket
☐ Neck pillow or travel blanket
☐ Hand sanitizer and disinfecting wipes
☐ Tissues

Comfort Items

☐ Cooling towel or portable fan if heat affects your MG
☐ Eye mask or earplugs
☐ Reading material or entertainment
☐ Compression socks, if recommended by your healthcare provider

Keep frequently used items in easily accessible pockets to avoid unnecessary lifting or searching during your trip.

Tip:
Never pack medications, medical equipment, or other essential health items in checked luggage. Keep them with you throughout your journey whenever possible.

Adaptive Travel Tools

Many adaptive products can make traveling more comfortable while reducing physical strain. Not everyone will need these items, but they may be helpful depending on your symptoms and destination.

Luggage and Mobility

- Lightweight spinner luggage
- Folding luggage cart
- Backpack with padded straps
- Crossbody travel bag
- Hands-free luggage cup holder
- Luggage handle organizer
- Portable luggage scale

Accessibility

- Collapsible cane
- Rollator or walker (if used regularly)
- Lightweight wheelchair
- Portable reacher or grabber
- Folding step stool (for road trips or extended stays)
- Small flashlight or headlamp for dimly lit areas

Technology

- Smartphone charger
- Portable power bank
- Noise-canceling headphones
- Smartwatch with medication reminders
- GPS or navigation app
- Translation app for international travel

Medication and Health Management

- Insulated medication travel bag
- Reusable ice packs (when appropriate)
- Pill organizer
- Medication reminder app
- Portable medical document organizer
- Waterproof medication pouch

Comfort and Energy Conservation

- Cooling towel
- Cooling vest
- Portable neck fan
- Rechargeable handheld fan
- Inflatable footrest for flights
- Travel pillow
- Seat cushion for extended sitting
- Lightweight blanket

Before You Zip Your Suitcase

Before leaving home, take a few minutes to review your luggage.

Example Packing Checklist

Packing List

☐ Medications packed in your carry-on
☐ Medical information and emergency contacts readily available
☐ Phone, chargers, and backup battery packed
☐ Comfortable clothing and shoes packed
☐ Cooling supplies if needed
☐ Mobility aids or adaptive equipment packed
☐ Travel documents easily accessible
☐ Luggage labeled with your name and contact information
☐ Suitcase weight manageable for you

Packing efficiently isn't about bringing less—it's about bringing what will help you travel safely, comfortably, and with confidence. A little planning before you leave home can help you conserve energy and focus on enjoying your journey rather than managing your luggage.

Medical Information to Bring

Being prepared with the right medical information can provide peace of mind and help you receive appropriate care if an unexpected illness or emergency occurs while traveling. Whether you're taking a weekend road trip or traveling internationally, having important health information readily available can save valuable time and help healthcare providers make informed decisions.

Keep both **printed and digital copies** of your essential medical information whenever possible. Store paper copies in your wallet, carry-on bag, or travel folder, and save electronic copies on your smartphone or in a secure cloud storage service that you can access while away from home.

MG Emergency Information Card

An MG emergency information card is one of the most important items you can carry while traveling. It quickly alerts first responders and healthcare professionals that you have myasthenia gravis and that certain medications may worsen your symptoms.

Your emergency card should include:

- Your full name and date of birth
- Diagnosis of myasthenia gravis (MG)
- A brief description of your condition

- Current medications
- Known medication allergies
- Medications that should be avoided or used with caution in MG
- Emergency contact information
- Your neurologist's name and phone number
- Your primary care provider's contact information

Keep your emergency card with your driver's license or identification so it is easy to locate during an emergency.

Tip:
The Myasthenia Gravis Association (MGA) offers an MG emergency information card. If you don't already have one, contact the MGA office or visit the MGA website to learn more.

Medication List

Carry an up-to-date list of all medications you take, including prescription medications, over-the-counter medicines, vitamins, and dietary supplements.

Include:
- Medication name (brand and generic, if known)
- Strength and dosage
- How often you take each medication
- Why you take it
- Special instructions (such as refrigeration or timing with meals)

Update this list whenever your medications change.

Tip:
Consider keeping both a printed copy and an electronic version on your phone.

Physician Contact Information

If you become ill while traveling, having your healthcare providers' contact information readily available can make communication much easier.

Include contact information for:
- Neurologist or neuromuscular specialist
- Primary care provider
- Infusion center, if applicable
- Pharmacy
- Specialty pharmacy, if applicable

You may also wish to bring copies of:
- Recent clinic notes
- Medication infusion schedules
- Insurance authorization information for specialty medications
- Important laboratory results, if recommended by your healthcare provider

These documents are especially helpful for extended travel or international trips.

Emergency Contacts

Create an emergency contact list that can be easily found by first responders or healthcare professionals.

Include:
- Primary emergency contact
- Secondary emergency contact
- Relationship to you
- Phone numbers
- Email addresses, if appropriate

Consider sharing your travel itinerary with a trusted family member or friend before leaving home.

Tip:
Many smartphones also allow you to add emergency contacts that can be accessed even when the phone is locked.

Medical Alert Identification

Wearing medical identification can help first responders quickly recognize that you have MG if you are unable to communicate.

Options include:
- Medical alert bracelet
- Medical alert necklace
- Medical ID wallet card
- Smartphone Medical ID feature
- Smartwatch emergency information

Your medical identification should indicate that you have Myasthenia Gravis (MG) and include any critical medical information recommended by your healthcare provider.

Remember!
If you wear a medical alert bracelet or necklace, make sure the information remains current.

International Travel Cards

If you are traveling outside your home country, prepare information that can help healthcare professionals communicate with you quickly.

Consider carrying a translated medical information card that includes:
- "I have Myasthenia Gravis."
- "This is an autoimmune neuromuscular disease."
- Your current medications.
- Medication allergies.
- Emergency contact information.
- Your healthcare provider's contact information.
- "Please review my medical information before giving medications."

Translation apps can be helpful, but having professionally translated printed information may be invaluable during an emergency. If you take specialty medications or travel with injectable or refrigerated medications, consider carrying a letter from your healthcare provider explaining your medical condition and the medical necessity of your supplies.

Additional Documents to Consider

Depending on your destination and health needs, you may also wish to carry:
- Health insurance card
- Prescription insurance card
- Travel insurance information
- Copies of prescriptions
- Vaccination records, if required
- Passport (for international travel)
- Copies of identification documents
- Flight, hotel, cruise, or tour confirmations

Store important documents separately from the originals whenever possible. Keeping secure digital copies can also be helpful if documents are lost or stolen.

Before You Leave Home

Review your medical information before every trip to ensure everything is current.

Example Medical Travel Checklist

Medical Travel Checklist
☐ MG emergency information card packed
☐ Medication list updated
☐ Neurologist and primary care provider contact information included
☐ Emergency contacts confirmed
☐ Medical alert identification worn or packed
☐ Insurance cards packed
☐ Copies of prescriptions available, if needed
☐ Healthcare provider letter packed for injectable or medical equipment, if applicable
☐ Digital copies of important medical documents saved to your phone or secure cloud storage

A few minutes spent organizing your medical information before your trip can make a significant difference if an unexpected situation arises. Being prepared allows you to travel with greater confidence, knowing that essential information is always within reach.

Medication Planning

Careful medication planning is one of the most important parts of traveling with myasthenia gravis (MG). Whether you're away for a weekend or several weeks, having the right medications, supplies, and a backup plan can help prevent interruptions in treatment and reduce stress if travel plans change.

Before your trip, review your medications with your healthcare provider, especially if you are traveling internationally, crossing multiple time zones, or taking specialty medications that require refrigeration or special handling.

Packing Your Medications

Always pack enough medication for your entire trip, plus several extra days in case of unexpected delays, weather disruptions, or lost luggage.

When packing medications:

- Carry all medications in your **carry-on bag**—never in checked luggage.
- Keep medications in their original pharmacy-labeled containers whenever possible.
- Bring an updated medication list that includes the name, dosage, schedule, and purpose of each medication.
- Carry copies of your prescriptions or ask your healthcare provider for electronic copies before you leave.
- Pack medications in more than one location if traveling with a companion (when appropriate) to reduce the risk of losing your entire supply.
- Set medication reminders on your phone or smartwatch to help maintain your schedule while traveling.

If you use injectable medications or infusion therapies, talk with your healthcare team well before your trip to discuss travel recommendations.

Tip:
Keep medications easily accessible throughout your journey. Delays at airports, traffic, or unexpected schedule changes should never prevent you from taking your medication on time.

Traveling With Specialty Medications

Many people living with MG receive specialty medications that require additional planning before traveling.

Depending on your treatment, consider:

- How much medication you will need for your trip.
- Whether medication must remain refrigerated.
- If your medication requires infusion appointments during travel.
- Whether your specialty pharmacy can coordinate deliveries before or after your trip.
- If prior authorization or insurance restrictions could affect medication access while away from home.

If you receive:

- Intravenous (IV) infusions
- Subcutaneous infusions
- Injectable biologic medications
- Complement inhibitors
- FcRn inhibitors
- Other specialty therapies

Speak with your healthcare provider and specialty pharmacy several weeks before your departure. They can help determine whether your treatment schedule should be adjusted or whether additional arrangements are needed.

Traveling With Refrigerated Medications

Some MG medications require refrigeration or temperature-controlled storage.

Before traveling:

- Verify the storage requirements for your medication.
- Pack refrigerated medications in an insulated travel case designed for medications.
- Use approved cold packs or cooling packs according to the manufacturer's recommendations.
- Avoid placing medications directly against frozen ice packs unless instructed.
- Monitor temperatures if recommended for your medication.

If staying in a hotel:

- Request a refrigerator before arrival.
- Confirm whether the room refrigerator maintains appropriate temperatures.

Ask whether refrigerated medications can be stored securely if a refrigerator is unavailable in your room.

If flying:
Carry refrigerated medications with you.
Inform airport security that you are traveling with medically necessary medications and cooling supplies.
Keep medications readily accessible for inspection if requested.

Always follow the storage recommendations provided by the medication manufacturer and your healthcare provider.

Managing Medications Across Time Zones

Crossing time zones can make medication schedules confusing, particularly if you take medications multiple times each day.

Before traveling:
Ask your neurologist or prescribing provider whether your medication schedule should be adjusted.
Determine whether medications should remain on your home schedule or gradually transition to the local time.
Set alarms using your phone, smartwatch, or medication reminder app.
Keep a written schedule available during travel days.

Never skip doses or take extra medication to "catch up" unless specifically instructed by your healthcare provider. For longer international trips, your healthcare team can help you develop a medication schedule that safely transitions to the new time zone.

Pharmacy Planning

Preparing for pharmacy needs before your trip can help prevent interruptions in treatment.

Consider the following:

Before You Leave:

- Request prescription refills early if needed.
- Verify that all prescriptions will last through your return date.
- Confirm insurance coverage for vacation refills.
- Ask your pharmacy about early refill policies.
- Save your pharmacy's phone number in your phone.

If You Use a National Pharmacy Chain:

Some pharmacy chains allow prescriptions to be filled at participating locations across the country. Ask your pharmacist whether this option is available for your medications.

If You Use a Specialty Pharmacy:

Contact your specialty pharmacy well before your trip to discuss:

- Delivery schedules
- Vacation overrides
- Shipping restrictions
- Emergency replacement procedures
- Contact information while traveling

Planning ahead is especially important because specialty medications often require additional processing time.

Medications to Use with Caution

Certain medications may worsen MG symptoms or interact with your treatment.

Before taking:
New prescription medications
Over-the-counter medications
Herbal supplements
Motion sickness medications
Antibiotics
Sleep aids

Talk with your healthcare provider or pharmacist to make sure they are appropriate for someone living with MG. If you become ill while traveling and need medical care, let every healthcare provider know that you have myasthenia gravis before starting any new medication.

Medication Travel Checklist

Taking time to organize your medications before your trip can help you travel with greater confidence. A little preparation can reduce stress, prevent missed doses, and ensure you have what you need to safely enjoy your journey.

Example Medication Travel Checklist

Before leaving home, confirm that you have:

☐ Enough medication for your trip plus several extra days
☐ All medications packed in your carry-on bag
☐ Original prescription containers or labeled packaging
☐ Updated medication list
☐ Copies of prescriptions (paper or electronic)
☐ Medication reminders set on your phone or smartwatch
☐ Insulated medication travel case, if needed
☐ Cooling packs for refrigerated medications, if needed
☐ Healthcare provider's letter, if recommended
☐ Pharmacy and specialty pharmacy contact information
☐ Plan for medication timing if crossing time zones

Creating Your Travel Plan

A well-planned itinerary can make traveling with myasthenia gravis (MG) more enjoyable and less stressful. The goal is not to schedule every minute of your trip—it is to create a plan that balances adventure with flexibility, allowing you to enjoy your destination while respecting your body's needs. As you build your itinerary, remember that successful travel is about quality, not quantity. Leaving room for rest and unexpected changes can help you make the most of every experience.

Research Your Destination

Before booking your trip, take time to learn about your destination. Understanding what to expect can help you avoid unnecessary surprises and make informed decisions about transportation, accommodations, activities, and healthcare access.

Consider researching:

Weather and Climate

- Average temperatures during your visit
- Humidity levels
- Seasonal weather patterns
- Altitude, if applicable
- UV index and sun exposure

If heat worsens your MG symptoms, consider traveling during cooler months or choosing activities during the morning or evening.

Medical Care

Know where to find medical care.

Research:

- Nearby hospitals or emergency departments
- Urgent care centers
- Pharmacies
- Neurology clinics or academic medical centers
- Locations covered by your insurance plan

If you're traveling internationally, identify hospitals that provide care in your preferred language whenever possible.

Transportation

Learn how you'll get around once you arrive.

Ask yourself:

- Will I need a rental car?
- Is public transportation accessible?
- Are taxis or rideshare services readily available?
- How much walking is required between destinations?
- Are shuttle services available?

Choosing transportation that minimizes unnecessary walking can help conserve energy throughout your trip.

Activities

Review the physical demands of planned activities before making reservations.

Look for information about:

  - Walking distances
  - Stair climbing
  - Standing times
  - Elevators or accessible entrances
  - Seating availability
  - Terrain (gravel, sand, hills, cobblestones)
  - Indoor versus outdoor activities

Many attractions include accessibility information on their websites or will answer questions by phone.

Plan Rest Into Every Day

One of the most important parts of traveling with MG is planning rest before you need it. Rather than waiting until you are exhausted, schedule breaks throughout the day.

Ideas include:

- Returning to your hotel for an afternoon break.
- Enjoying a leisurely lunch.
- Sitting in a shaded park or café.
- Watching a show instead of walking through another attraction.
- Taking a scenic drive rather than another walking tour.

Travel days themselves can also be tiring.

Whenever possible:

- Avoid scheduling major activities immediately after arrival.
- Allow time to unpack, relax, and adjust to your surroundings.
- Plan a lighter schedule the day after a long travel day.

Your itinerary should support your energy—not compete with it.

Accessibility Questions to Ask

Contact hotels, airlines, cruise lines, tour companies, and attractions before your trip if you have accessibility questions.

Accommodations

Ask:

- Are accessible rooms available?
- Are elevators available?
- Can I request a room close to the elevator?
- Is there a roll-in shower or shower chair?
- Are grab bars available?
- Is a refrigerator available for medications?
- Is luggage assistance offered?

Transportation

Ask:

- Can wheelchair assistance be arranged?
- Are accessible vehicles available?
- Is priority boarding offered?
- Can mobility devices be accommodated?
- Are accessible parking spaces available?

Attractions

Ask:

- How much walking is required?
- Are wheelchairs or scooters available for rent?
- Are there accessible entrances?
- Are benches or rest areas available?
- Can guests leave and re-enter if rest is needed?
- Are accessible restrooms available?

Having answers before your trip can reduce uncertainty and help you choose experiences that best fit your needs.

Build a Flexible Itinerary

The best travel plans leave room for change. MG symptoms can fluctuate due to fatigue, stress, illness, weather, or changes in routine. A flexible itinerary allows you to adjust without feeling like your trip has been disrupted.

Consider these planning strategies:

- Schedule only one or two major activities each day.
- Leave free time between reservations.
- Purchase refundable tickets whenever possible.
- Choose accommodations close to your planned activities.
- Have alternative indoor activities available if the weather changes.
- Build "rest days" into longer vacations.

Think of your itinerary as a guide rather than a strict schedule.

Sample Flexible Travel Day

Time	Activity
Morning	Breakfast and one major attraction
Late Morning	Rest break or coffee stop
Lunch	Relaxed meal
Early Afternoon	Return to hotel for rest or quiet time
Late Afternoon	Light sightseeing or shopping
Evening	Dinner and relaxation

Every traveler with MG has different needs. Adjust your schedule based on your symptoms, treatment plan, and energy level.

Remember: Plans Can Change

One of the greatest travel skills you can develop is flexibility. Some days you may feel energetic and ready to explore. Other days, you may need to slow down or change plans.

That doesn't mean your trip is unsuccessful—it means you're listening to your body.

The most memorable vacations are not measured by how many attractions you visited, but by the experiences you enjoyed, the people you spent time with, and the memories you created along the way.

Prioritize What Matters Most

It is natural to want to see and do everything while you're away, but trying to fit too much into each day can leave you exhausted.

Ask yourself:

- What experiences are most important to me?
- What would I regret missing?
- Which activities require the most energy?
- What can be moved to another day if needed?

By identifying your priorities, you can spend your energy on the experiences that matter most instead of feeling pressured to do everything.

Keep Important Information Organized

Keeping everything in one place can reduce stress and make it easier to adapt if your plans change.

Create a travel folder or digital organizer that includes:

- Flight, train, or cruise confirmations
- Hotel reservations
- Transportation reservations
- Attraction tickets
- Maps and directions
- Emergency contacts
- Medical information
- Insurance information
- Copies of identification documents
- Medication schedule

Transportation Tips

Getting to your destination is an important part of your travel experience. Whether you're traveling by car, train, bus, or airplane, planning ahead can help reduce fatigue, conserve energy, and make your journey more comfortable. Choose the mode of transportation that best matches your health needs, travel distance, and destination. Regardless of how you travel, allow extra time, stay hydrated, and remember that asking for assistance is an important part of traveling safely with myasthenia gravis (MG).

Traveling by Car

Traveling by car offers flexibility and allows you to travel at your own pace. It can also make it easier to stop for rest breaks, adjust your schedule, or change plans if your symptoms fluctuate.

Before You Leave:

- Have your vehicle serviced before long trips.
- Check tires, fluids, brakes, and battery.

- Program your GPS before leaving.
- Share your travel route with a family member or friend.
- Keep an emergency roadside kit in your vehicle.

Make the Drive Comfortable
Long periods of sitting can increase stiffness and fatigue.

Consider:
  - Taking a break every 1–2 hours.
  - Walking and stretching during rest stops.
  - Staying hydrated.
  - Packing healthy snacks.
  - Adjusting your seat for proper back support.
  - Using small pillows or lumbar cushions if helpful.
  - Wearing comfortable clothing and supportive shoes.

If you're traveling with someone else, consider taking turns driving when possible.

If you become overly fatigued, pull over and rest before continuing.

Traveling by Train

Train travel often provides more space to move around than buses or airplanes, making it a comfortable option for many travelers with MG.

Benefits may include:
- Larger seats
- More legroom
- Ability to walk around during the trip
- Accessible restrooms on many routes
- Reduced security screening compared to air travel

Before Booking:
Ask about:
- Accessible seating
- Boarding assistance
- Wheelchair accommodations
- Accessible restrooms
- Luggage assistance
- Elevator access at stations

Reserve seats early if you require accessible accommodations.

While moving through the train, hold onto handrails or seat backs, as trains may shift or sway unexpectedly.

Traveling by Bus

Bus travel can be an economical option, but it may require longer periods of sitting and fewer opportunities to move around.

To make your trip more comfortable:
- Book seats near the front whenever possible.
- Wear comfortable layered clothing.
- Bring water and healthy snacks.
- Pack a travel pillow for neck or back support.
- Bring any medications you'll need during the trip in your carry-on bag.
- Use handrails when walking through the bus.

If your route includes transfers, allow extra time between connections to avoid unnecessary rushing.

Traveling by Air

Air travel requires additional planning, but airlines offer a variety of services designed to assist passengers with disabilities and medical conditions.

Before Booking:
Contact the airline in advance if you need:
- Wheelchair assistance
- Priority boarding
- Extra time during boarding

- Assistance between connecting flights
- Accessible seating
- Medical equipment accommodations

Many airlines recommend requesting accommodations at least 48 hours before departure.

Layovers:
If connecting flights are required:
- Allow plenty of time between flights.
- Request wheelchair assistance if needed.
- Avoid scheduling tight connections that require rushing through the airport.

Conserving your energy during travel allows you to enjoy more of your destination once you arrive.

During Your Flight:
To stay comfortable:
- Take medications according to your normal schedule unless instructed otherwise by your healthcare provider.
- Stay well hydrated.
- Avoid excessive alcohol and caffeine if they contribute to dehydration.
- Stretch your legs and move your feet periodically while seated.
- Walk the aisle when it is safe to do so on longer flights.
- Wear loose, comfortable clothing.

Pack all essential medications, medical supplies, and important documents in your carry-on bag. Never place critical medications in checked luggage.

Airport Security and TSA

Airport security procedures are designed to keep everyone safe, and most travelers with medical conditions move through screening without difficulty.

Before arriving at the airport:
- Review current security requirements on the Transportation Security Administration (TSA) website.
- Arrive early to allow extra time for screening.
- Keep medications and medical supplies easily accessible.

Mobility Devices
If you travel with:
- Cane
- Walker
- Rollator
- Wheelchair
- Mobility scooter

These items may require additional screening but are permitted through security.

Traveling With Medications
Prescription medications are generally permitted through airport security.

To make screening easier:
- Keep medications in their original labeled containers whenever possible.
- Inform the security officer if you are carrying medically necessary liquids, gels, injectable medications, or cooling packs.
- Separate medications from other carry-on items if requested.

TSA Cares
If you have questions before your trip or would like additional assistance navigating airport security, you can contact **TSA Cares**, a program that provides support for travelers with disabilities, medical conditions, and other special circumstances.

Requesting assistance before your travel day can help make the screening process smoother and less stressful.

Remember:
If you have implanted medical devices such as a pacemaker or joint replacement, notify the security officer before screening.

Traveling With Oxygen or Medical Equipment

If you travel with oxygen or medical equipment, planning ahead is essential. Depending on your equipment, contact your airline, transportation provider, or cruise line well before your departure to learn about their specific policies.

Medical equipment may include:
- Portable oxygen concentrators (POCs)
- CPAP or BiPAP machines
- Nebulizers
- Mobility devices
- Feeding pumps
- Suction equipment
- Refrigerated medications
- Battery-powered medical equipment

Before You Travel:
Ask your healthcare provider whether you need:
- A medical clearance letter
- A list of medications
- A prescription for medical equipment
- Documentation explaining your medical condition

If your equipment uses batteries:
- Bring enough fully charged batteries for your travel day and potential delays.
- Pack charging cables in your carry-on luggage.

Flying With Oxygen
If you use supplemental oxygen:
- Contact the airline well in advance to confirm approved equipment.
- Verify battery requirements for your flight.
- Understand airline policies regarding oxygen use during travel.
- Carry documentation from your healthcare provider if required.

Never assume all transportation providers have identical medical equipment policies.

Transportation Travel Checklist

Travel days may take more planning when you live with MG, but they don't have to limit your adventures. By preparing ahead, conserving your energy, and using available accessibility services, you can focus on reaching your destination safely and comfortably—ready to enjoy everything your trip has to offer.

Example Transportation Travel Checklist

Before leaving home, make sure you have:
- ☐ Transportation reservations confirmed
- ☐ Requested accessibility accommodations, if needed
- ☐ Medications packed in your carry-on bag
- ☐ Medical information readily available
- ☐ Mobility devices prepared for travel
- ☐ Emergency contacts accessible
- ☐ Phone and portable charger fully charged
- ☐ Snacks and water packed (when permitted)
- ☐ Comfortable clothing and supportive shoes
- ☐ Extra travel time built into your schedule

Accommodations

Where you stay can have a significant impact on your comfort, energy level, and overall travel experience. Whether you're booking a hotel, staying with family or friends, or taking a cruise, choosing accommodations that meet your needs can help you conserve energy and enjoy your trip. When planning your lodging, think beyond location and price. Consider accessibility, comfort, opportunities to rest, and any features that will make your stay safer and more enjoyable.

Hotels and Accessible Rooms

Many hotels offer accessible guest rooms and services designed to accommodate travelers with disabilities or medical needs. Even if you don't typically require an accessible room at home, certain features can make traveling with MG much easier.

Before You Book:
Contact the hotel directly to discuss your specific needs rather than relying solely on online descriptions.

Questions to ask include:
- Are ADA-accessible guest rooms available?
- Can I request a room close to the elevator?
- Is there an elevator if the hotel has multiple floors?
- Does the room have a walk-in or roll-in shower?

- Are grab bars installed in the bathroom?
- Is a shower chair available upon request?
- Is there a refrigerator available for medications?
- Is luggage assistance available?
- Is accessible parking located near the entrance?

If you require refrigeration for medications or use medical equipment, confirm these accommodations before your arrival.

Choosing the Right Room

When selecting a room, consider features that can reduce fatigue throughout your stay.

Helpful options include:
- Ground-floor room or room near an elevator
- Quiet location away from elevators and heavy foot traffic
- Comfortable mattress and supportive pillows
- Blackout curtains for better sleep
- Mini refrigerator
- Microwave for preparing simple meals
- Accessible bathroom
- Climate control that you can adjust yourself

Don't hesitate to request additional pillows or blankets if they help improve your comfort.

During Your Stay

Once you arrive:
- Familiarize yourself with emergency exits.
- Identify the quickest route to the lobby or elevator.
- Locate nearby ice machines and vending areas.
- Ask about luggage carts or bell services if needed.
- Store medications according to their recommended temperature requirements.

If your room does not meet your needs, ask whether another room is available. Hotel staff are often able to accommodate requests when notified early.

Staying With Family and Friends

Visiting loved ones can be one of the most rewarding reasons to travel. However, staying in someone else's home may require additional planning. Before your visit, have an honest conversation about your needs.

Discuss topics such as:
- Your daily medication schedule
- The need for regular rest breaks
- Accessibility within the home
- Bathroom safety
- Bedroom location
- Temperature preferences
- Any dietary needs

Many people want to help but may not know how unless you tell them.

Preparing for Your Stay

Ask questions before arriving, such as:
- Are there stairs to enter the home?
- Is a bedroom available on the main floor?
- Are there handrails on stairways?
- Is there a walk-in shower?
- Is there space to safely use mobility equipment if needed?
- Will pets be present if allergies or mobility are concerns?

If certain items would make you more comfortable, consider bringing them with you.

Examples include:
- Travel pillow
- Shower stool
- Portable grab bar (only if appropriate for the surface and used according to manufacturer instructions)
- Extension cord for medical equipment
- Cooling products
- Small nightlight

Cruise Accommodations

Cruises have become increasingly accessible, and many cruise lines offer accommodations and services for travelers with mobility limitations or medical needs.

When booking a cruise:
- Notify the cruise line of any accessibility needs.
- Request an accessible cabin if appropriate.
- Discuss any medical equipment you will bring.
- Confirm policies regarding oxygen, refrigerated medications, or mobility devices.

Booking early provides the greatest selection of accessible cabins.

Choosing a Cabin

Depending on your needs, consider requesting:
- Cabin close to elevators
- Accessible bathroom
- Roll-in shower
- Grab bars
- Wider doorways
- Additional floor space for mobility equipment
- Refrigerator for medications (if available)

If walking long distances is difficult, selecting a centrally located cabin may reduce the amount of walking required throughout the ship.

Shore Excursions

Before reserving excursions, ask about:
- Walking distances
- Terrain and uneven surfaces
- Number of stairs
- Transportation accessibility
- Availability of accessible tours
- Opportunities to rest

Not every excursion is appropriate for every traveler, and that's okay. Choosing activities that match your energy level will allow you to enjoy your experience more fully.

Creating Rest and Recovery Spaces

No matter where you stay, creating a comfortable place to rest can help you recover from busy travel days and better manage MG symptoms.

Your accommodations should provide a place where you can:
- Recharge physically and mentally
- Stay cool if heat affects your symptoms
- Take medications on schedule
- Sleep well
- Recover between activities

Even a short afternoon break can help restore energy for evening plans.

Make Your Room Work for You

Simple adjustments can make your accommodations more comfortable.

Consider:
- Keeping medications and water within easy reach.
- Charging your phone and medical devices overnight.
- Organizing frequently used items on a bedside table.
- Keeping pathways free of luggage to reduce fall risk.
- Adjusting the room temperature to your comfort level.
- Closing curtains during the hottest part of the day to reduce heat.

If you use cooling products, make sure they are ready before leaving for the day's activities.

Prioritize Sleep

Quality sleep is an important part of managing MG and recovering from travel-related fatigue.

To improve sleep while traveling:
- Try to maintain your usual bedtime routine.
- Limit caffeine late in the day if it affects your sleep.
- Keep your room cool and comfortable.
- Reduce noise with earplugs or a white noise app if needed.
- Use an eye mask if light disrupts your sleep.
- Take time to unwind after busy sightseeing days.

Remember that travel itself can be physically demanding. Giving yourself permission to rest is an important part of a successful trip.

Accommodation Checklist

The right accommodations can make all the difference when traveling with MG. By planning ahead and choosing a space that supports your health and comfort, you'll have more energy to enjoy your destination, spend time with loved ones, and create lasting memories.

Example Accommodation Checklist

Before confirming your reservation, consider the following:

- ☐ Accessible room requested (if needed)
- ☐ Refrigerator available for medications
- ☐ Accessible bathroom features confirmed
- ☐ Elevator access verified
- ☐ Room close to elevator or main entrance requested
- ☐ Accessible parking available, if needed
- ☐ Medical equipment accommodations confirmed
- ☐ Temperature controls available in room
- ☐ Quiet room requested, if preferred
- ☐ Emergency exits located upon arrival

Activities and Destinations

One of the best parts of traveling is experiencing new places, trying new activities, and making lasting memories. Living with myasthenia gravis (MG) doesn't mean you have to avoid adventure—it simply means planning activities that match your energy level and allowing yourself the flexibility to adjust when needed. The goal isn't to do everything. It's to enjoy the experiences that matter most while protecting your health and conserving your energy.

Theme Parks

Theme parks can be exciting destinations, but they often involve long days, extensive walking, standing in lines, and exposure to heat. With a little planning, you can enjoy the experience while minimizing fatigue.

Plan Ahead

Before your visit:

- Download the park's mobile app.
- Review park maps and accessibility information.
- Identify locations of first aid stations, restrooms, restaurants, and shaded seating areas.
- Reserve tickets and parking in advance when possible.
- Arrive early to enjoy cooler temperatures and shorter lines.

Many theme parks offer accessibility services for guests with disabilities. Check the park's website before your visit to learn what accommodations may be available.

Conserve Your Energy

Consider:

- Renting a wheelchair or scooter, even if you don't normally use one.
- Prioritizing your favorite attractions.
- Taking frequent breaks in air-conditioned buildings.
- Watching indoor shows between rides.
- Eating meals during off-peak hours to avoid crowds.
- Returning to your hotel for an afternoon rest before enjoying evening activities.

Using mobility assistance can help you experience more of the park without exhausting yourself.

Cruises

Cruises can be an excellent vacation option because your transportation, accommodations, dining, and entertainment are all in one place.

Many cruise lines offer:

- Accessible staterooms
- Elevators throughout the ship
- Accessible dining areas
- Medical centers onboard
- Accessible entertainment venues
- Shore excursions designed for varying mobility levels

When booking your cruise:

- Notify the cruise line of any accessibility needs.
- Ask about policies for medical equipment and medications.
- Review shore excursion activity levels before making reservations.

Choosing Shore Excursions

Not every excursion is appropriate for every traveler.

Before booking, ask:

- How much walking is involved?
- Are there steep hills or stairs?
- Is the terrain uneven?
- Are accessible transportation options available?
- Are there opportunities to rest during the excursion?
- Is the activity affected by heat or weather?

Choosing an excursion that matches your abilities often leads to a more enjoyable experience.

Dining and Social Activities

Food often plays a central role in travel, whether you're exploring local restaurants, celebrating with family, or attending special events. Dining should be enjoyable—not exhausting.

Plan Ahead

Consider:

- Making reservations to reduce waiting times.
- Reviewing menus online before arriving.
- Choosing restaurants with accessible entrances and seating.
- Eating during less busy hours when restaurants are quieter.
- Staying hydrated throughout the day.

If chewing or swallowing is difficult due to MG, choose foods that are easier for you to eat and allow yourself extra time to enjoy your meal. If you have questions about food preparation or ingredients, don't hesitate to ask your server.

Enjoying Social Events

Travel often includes reunions, celebrations, and gatherings.

Remember:

- It's okay to leave early if you're tired.
- Take breaks when needed.
- Sit whenever possible.
- Let family or friends know if you need a quieter environment.
- Focus on spending quality time together rather than trying to participate in every activity.

Your presence matters more than how long you stay.

Outdoor Activities

Many people enjoy spending time outdoors while traveling. Whether you're visiting national parks, beaches, botanical gardens, or historic sites, planning ahead can help you enjoy nature safely. Choose activities that fit your current energy level.

Ideas include:

- Scenic drives
- Accessible walking trails
- Wildlife viewing
- Botanical gardens
- Outdoor concerts
- Riverboat cruises
- Guided tours with transportation
- Beach visits during cooler parts of the day

When participating in outdoor activities:

- Wear comfortable, supportive footwear.
- Bring water and snacks.
- Use sunscreen and protective clothing.
- Take breaks in shaded areas.
- Know where restrooms and seating areas are located.

Remember that outdoor conditions can change quickly, so remain flexible.

Managing Heat and Crowds

Heat is a common symptom trigger for many people living with MG. Large crowds can also increase fatigue, stress, and the amount of walking required. Planning ahead can help reduce these challenges.

Stay Cool

When temperatures are high:

- Schedule outdoor activities during the morning or evening.
- Take frequent breaks in air-conditioned buildings.
- Wear lightweight, breathable clothing.
- Use a cooling towel, cooling vest, or portable fan if helpful.
- Drink water regularly throughout the day.
- Wear a wide-brimmed hat and sunscreen.
- Avoid prolonged exposure to direct sunlight.

If you begin feeling overheated or notice increased weakness, move to a cool environment and rest until your symptoms improve.

Navigate Crowds

Crowded destinations often require more standing, walking, and waiting.

To reduce fatigue:

- Visit popular attractions early in the day.
- Purchase timed-entry tickets when available.
- Use mobile ordering for meals.
- Choose weekday visits instead of weekends when possible.
- Plan rest stops throughout the day.
- Identify quiet places where you can take breaks.

Traveling during less crowded seasons may also provide a more relaxed experience.

Listen to Your Body

Perhaps the most important travel skill is learning to recognize when your body needs a break.

You may need to adjust your plans if you notice:

- Increasing muscle weakness
- Significant fatigue
- Vision changes
- Difficulty swallowing
- Shortness of breath
- Increased sensitivity to heat
- Difficulty concentrating

Resting early may help prevent symptoms from becoming more severe and allow you to continue enjoying your trip.

Making the Most of Your Trip

You don't have to check every attraction off a list to have a meaningful vacation.

Some of the most memorable travel experiences come from:

- Watching a sunset.
- Sharing a meal with loved ones.
- Exploring a local neighborhood.
- Relaxing by the water.
- Visiting a museum.
- Enjoying live music.
- Spending uninterrupted time with family and friends.

Travel with MG may require a different pace, but it can still be filled with adventure, discovery, and joy.

Activities Checklist

The best travel memories are made when you feel well enough to enjoy them. By choosing activities that match your abilities and giving yourself permission to slow down when needed, you can create a vacation that is both memorable and manageable.

Example Activities Checklist

Before heading out each day, ask yourself:

☐ Have I taken my medications?
☐ Do I have water and snacks?
☐ Have I packed any cooling items I may need?
☐ Is today's schedule realistic for my energy level?
☐ Do I know where I can rest if needed?
☐ Have I planned time for breaks?
☐ Am I prepared to adjust plans if my symptoms change?

International Travel

Exploring another country can be an exciting and enriching experience. While traveling internationally with myasthenia gravis (MG) requires additional planning, thoughtful preparation can help you travel safely and confidently. Before you leave, take time to understand your destination's healthcare system, medication regulations, language, climate, and accessibility. The more prepared you are, the more you can focus on enjoying your journey.

Preparing for Travel Abroad

International travel often involves longer travel days, multiple time zones, unfamiliar foods, and different healthcare systems. Planning ahead can help minimize stress and reduce the likelihood of unexpected challenges.

Before your trip:

- Schedule a pre-travel appointment with your neurologist or healthcare provider.
- Review your medication schedule, especially if crossing multiple time zones.
- Ensure you have enough medication for your entire trip, plus extra in case of delays.
- Confirm that your passport will remain valid for the required length of time.
- Review any visa requirements for your destination.
- Register your trip with your country's travel advisory program, if available.
- Research local weather and climate to prepare for heat, humidity, or altitude.
- Save digital copies of important documents in secure cloud storage and on your phone.

If you're planning an extended trip, discuss your travel plans with your healthcare provider several months in advance.

Finding Medical Care

Although no one expects to need medical care while traveling, knowing where to go before an emergency occurs can provide valuable peace of mind.

Before leaving home, research:

- Hospitals near your accommodations
- Emergency departments
- Urgent care clinics
- Neurologists or neuromuscular specialists
- Pharmacies
- Your country's embassy or consulate

If possible, identify hospitals that are familiar with treating neurological conditions or are affiliated with major academic medical centers.

Keep the following information readily available:

- Names and addresses of nearby medical facilities
- Local emergency telephone numbers
- Your neurologist's contact information
- Emergency contact information for family members or friends

Having this information available before you need it can save valuable time during an emergency.

Travel Health Insurance

Many domestic health insurance plans provide limited or no coverage outside your home country.

Before traveling internationally:

- Contact your insurance provider to understand your coverage.
- Ask whether emergency medical care is covered abroad.
- Determine whether emergency medical evacuation is included.
- Review coverage for prescription medications and specialty treatments.
- Understand the claims process before you leave.

You may wish to purchase supplemental travel medical insurance, particularly if you are traveling to remote areas or participating in extended travel.

Some travelers also choose policies that include:

- Emergency medical evacuation
- Trip interruption or cancellation
- Lost medications or medical equipment
- Travel delays
- Repatriation services

Choose coverage that matches your destination, activities, and medical needs.

Navigating Language Barriers

Communicating during a medical emergency can be challenging if you do not speak the local language. Preparing ahead can make communication much easier.

Consider carrying a translated medical information card that includes:

- Your name
- "I have Myasthenia Gravis."
- "This is an autoimmune neuromuscular disease."
- Your current medications
- Medication allergies
- Emergency contact information
- Your neurologist's contact information
- "Please review my medical information before giving medications."

Translation apps can also be helpful for everyday communication, including:

- Asking for medical assistance
- Ordering food
- Reading medication labels
- Navigating transportation
- Communicating with hotel staff

Keep in mind that technology may not always be available, so carrying printed information is still recommended.

Medication Regulations

Medication laws vary from country to country. Some medications that are commonly prescribed in one country may have restrictions in another.

Before traveling:

- Verify that your medications are legal in your destination country.
- Check regulations for injectable medications, syringes, infusion supplies, and refrigerated medications.
- Determine whether documentation from your healthcare provider is required.
- Carry medications in their original pharmacy-labeled containers.
- Keep medications in your carry-on luggage.
- Bring copies of your prescriptions, preferably using generic medication names.

If you use controlled medications or specialty therapies, begin researching entry requirements several weeks before departure. Some countries limit the quantity of medication that travelers may bring, while others require advance approval for certain medications.

Food, Water, and Staying Healthy

Changes in food, water, and daily routines can affect anyone while traveling internationally.

To reduce your risk of illness:

- Drink bottled or properly treated water when local water safety is uncertain.
- Ensure bottled water seals are intact before opening.
- Be cautious with ice if the water source is unknown.
- Eat foods that are thoroughly cooked.
- Wash fruits and vegetables when possible or choose fruits that can be peeled.
- Wash your hands frequently or use hand sanitizer.

If you take medications that suppress your immune system, discuss additional travel precautions with your healthcare provider before your trip.

Transportation and Accessibility Abroad

Accessibility standards vary significantly between countries.

Before traveling, research:

- Accessible public transportation
- Elevator availability
- Hotel accessibility
- Sidewalk conditions
- Terrain and walking distances
- Mobility equipment rentals
- Accessible taxis or rideshare services

Historic districts, older buildings, and rural areas may have uneven surfaces, narrow walkways, or limited accessibility. Building extra flexibility into your itinerary allows you to adapt if conditions are different than expected.

Know Local Emergency Numbers

Emergency telephone numbers differ around the world.

Before your trip, identify:
- Local emergency services
- Ambulance services
- Police
- Fire department
- Your country's embassy or consulate

Save these numbers in your phone and carry a printed copy with your travel documents.

International Travel Checklist

Traveling internationally with MG may require additional preparation, but it can also open the door to incredible experiences, new cultures, and unforgettable memories. By planning ahead, understanding your destination, and preparing for potential challenges, you can travel with greater confidence—knowing that you're ready for both the expected and the unexpected.

Example International Travel Checklist

Before departing, confirm that you have:

☐ Passport and travel documents
☐ Copies of prescriptions and medication list
☐ Healthcare provider letter (if needed)
☐ MG emergency information card
☐ Medical alert identification
☐ Travel medical insurance information
☐ Emergency contact information
☐ Names of nearby hospitals and pharmacies
☐ Translated medical information card (if appropriate)
☐ Sufficient medications for your trip plus extra days
☐ Digital copies of important documents securely stored
☐ Reviewed medication regulations for your destination

Handling Unexpected Situations

Even the best-planned trips can include unexpected challenges. Flight delays, lost luggage, illness, changing weather, or a flare in MG symptoms can disrupt your plans. While these situations can be stressful, preparing for them in advance can help you respond calmly and confidently. Remember that flexibility is an important part of traveling with myasthenia gravis (MG). Having a backup plan doesn't mean you expect something to go wrong—it means you're prepared if it does.

When MG Symptoms Worsen

Myasthenia gravis symptoms can fluctuate from day to day and may worsen due to:
- Fatigue
- Heat or humidity
- Physical overexertion
- Emotional stress
- Illness or infection
- Changes in sleep
- Missed medication doses
- Changes in routine

Recognizing early signs of symptom worsening allows you to respond before symptoms become more severe.

Common Warning Signs

You may notice:
- Increased muscle weakness
- Drooping eyelids
- Double vision

- Difficulty speaking clearly
- Difficulty chewing or swallowing
- Increased fatigue
- Shortness of breath
- Difficulty climbing stairs or walking longer distances

If you notice worsening symptoms:
- Stop and rest.
- Move to a cool, comfortable environment if heat may be contributing.
- Stay hydrated.
- Take medications as prescribed.
- Reduce or postpone planned activities.
- Ask for assistance if needed.

Don't feel pressured to "push through" symptoms. Resting early may prevent further worsening and allow you to continue enjoying your trip later.

Know When to Seek Medical Care

While many symptom changes improve with rest and recovery, some situations require prompt medical evaluation.

Seek immediate medical attention if you experience:
- Severe difficulty breathing
- Significant trouble swallowing or choking
- Inability to speak clearly because of muscle weakness
- Rapidly worsening muscle weakness
- Difficulty keeping your head up due to neck weakness
- New symptoms that concern you or differ significantly from your usual MG symptoms

If you are unable to communicate, your medical alert identification and MG emergency information card can help emergency personnel provide appropriate care. If you believe you are experiencing a medical emergency, call the local emergency services number or go to the nearest emergency department immediately.

Have an Emergency Plan

Before every trip, spend a few minutes creating a simple emergency plan.

Your plan should include:
- The nearest hospital or emergency department
- Your neurologist's contact information
- Emergency contacts
- Your medication list
- Your insurance information
- The location of nearby pharmacies
- Your travel companion's responsibilities during an emergency

If traveling with family or friends, let them know:
- How your MG affects you.
- What symptoms are normal for you.
- Which symptoms require emergency care.
- Where you keep your medications and medical information.

Knowing that everyone understands the plan can reduce stress if an emergency occurs.

If Your Medications Are Lost

Losing medications can be stressful, but having a backup plan can help you replace them more quickly.

Before your trip:
- Carry medications in your carry-on luggage.
- Bring several extra days' worth of medication.
- Carry copies of prescriptions.
- Save your pharmacy's phone number.
- Keep an electronic copy of your medication list.

If your medications are lost or stolen:
1. Contact your pharmacy as soon as possible.
2. Notify your healthcare provider.
3. Contact your specialty pharmacy if applicable.
4. Review your travel insurance benefits if replacement costs are significant.
5. If traveling internationally, contact your country's embassy or consulate if additional assistance is needed.

Warning!
Never purchase prescription medications from unfamiliar or unlicensed sources.

Flight Delays, Cancellations, and Other Travel Disruptions

Travel delays are common and can be especially challenging when you have a chronic medical condition.

If your plans change unexpectedly:
- Stay calm and allow yourself extra time.
- Continue taking medications according to your prescribed schedule.
- Keep medications and snacks with you.
- Stay hydrated.
- Use airport or transportation assistance services if walking long distances becomes difficult.
- Notify your hotel or transportation provider if you will arrive late.

If you miss a connection because of delays, speak with airline or transportation staff as soon as possible to discuss rebooking options.Building extra time into your itinerary can reduce stress when unexpected delays occur.

If Luggage Is Lost

Lost luggage is inconvenient, but it should not prevent you from managing your MG. This is why it is important to keep essential items with you.

Your carry-on should always include:
- Medications
- Medical equipment
- Medical information
- Identification
- Chargers for medical devices
- A change of clothes
- Basic toiletries

If checked luggage is delayed or lost:
- Report it immediately before leaving the airport or station.
- Keep copies of baggage claim documents.
- Ask about reimbursement for essential purchases if needed.

Having the essentials with you allows you to continue your trip while your luggage is located.

Managing Stress During Travel

Unexpected situations can increase stress, and stress itself may contribute to worsening MG symptoms.

If travel becomes overwhelming:
- Pause and take a break.
- Find a quiet place to rest.
- Stay hydrated.
- Eat a healthy snack if you haven't eaten recently.
- Take slow, comfortable breaths.
- Focus on solving one problem at a time.
- Accept that plans sometimes need to change.

Remember:
Remember: If you have implanted medical devices such as a pacemaker or joint replacement, notify the security officer before screening.

After an Illness or Medical Emergency

If you become ill during your trip:
- Follow the treatment recommendations provided by your healthcare team.
- Allow yourself additional recovery time.
- Consider postponing strenuous activities.
- Contact your neurologist if symptoms continue after returning home.

If you were hospitalized while traveling, schedule follow-up appointments with your healthcare providers after returning home.

Unexpected Situations Checklist

Travel rarely goes exactly as planned for anyone. The key is not avoiding every challenge—it's being prepared to handle them. With thoughtful planning, a flexible mindset, and the right support, you can navigate unexpected situations while continuing to enjoy the journey safely and confidently.

Example Unexpected Situations Checklist

If something doesn't go as planned, ask yourself:

- ☐ Am I safe?
- ☐ Do I need medical attention?
- ☐ Have I taken my medications?
- ☐ Am I hydrated and able to rest?
- ☐ Do I have my emergency information with me?
- ☐ Do I need to contact my healthcare provider or pharmacy?
- ☐ Can I adjust today's plans to conserve energy?
- ☐ Do I need help from my travel companion or transportation staff?

Returning Home

Returning home marks the end of your journey, but it's also an important part of your travel experience. Even a relaxing vacation can be physically and mentally demanding for someone living with myasthenia gravis (MG). Long travel days, changes in routine, disrupted sleep, and increased activity can leave you feeling more fatigued than expected. Planning for your return home can help you recover more comfortably and ease the transition back to your normal routine.

Give Yourself Time to Recover

If possible, avoid scheduling work, appointments, or major commitments immediately after returning home.

Consider allowing yourself at least one day to:

- Rest and recover
- Re-establish your normal routine
- Catch up on sleep
- Unpack at a comfortable pace
- Rehydrate and eat balanced meals

Recovery looks different for everyone. Some people feel ready to resume normal activities the next day, while others may need several days to regain their usual energy level. Listen to your body and give yourself permission to recover.

Returning to Your Routine

Travel often disrupts normal schedules for medications, meals, sleep, and physical activity.

As you settle back home:

- Resume your regular medication schedule.
- Return to your usual sleep routine.
- Stay hydrated.
- Eat nutritious meals.
- Ease back into exercise or physical activity if appropriate.
- Pace yourself during household tasks.

Avoid trying to "catch up" on everything immediately. Your body may still be recovering from the demands of travel.

Monitor Your MG Symptoms

It's not uncommon to feel more tired after traveling, but pay attention to any symptoms that persist or worsen.

Monitor for:

- Increased muscle weakness
- Fatigue that does not improve with rest
- Vision changes
- Difficulty swallowing
- Shortness of breath
- Symptoms that are different from your usual MG pattern

If your symptoms continue to worsen after returning home or you have concerns about your recovery, contact your neurologist or healthcare provider.

Unpack at Your Own Pace

After a long trip, unpacking can wait.

Instead of trying to do everything at once:

- Put away medications first.
- Refrigerate medications if needed.
- Charge medical devices.
- Wash essential clothing.
- Leave the rest for another day if you're tired.

Conserving energy after travel is just as important as conserving it during your trip.

Reflect on What Worked Well

Every trip provides an opportunity to learn what helped—and what you might do differently next time.

Consider asking yourself:

- Was my itinerary realistic?
- Did I schedule enough rest breaks?
- Were my accommodations a good fit?
- Did I pack everything I needed?
- Were there items I didn't use?
- Did my medications stay organized?
- Was my travel companion supportive?
- What accommodations made the biggest difference?
- What would I change for my next trip?

Keeping notes after each trip can make future travel even easier.

Celebrate Your Success

Traveling with MG often requires more planning than it does for others. Every successful trip—whether it's a weekend getaway, visiting family, or traveling across the world—is an accomplishment. Take time to recognize what you achieved. Travel isn't about seeing everything or keeping up with everyone else. It's about enjoying meaningful experiences in a way that supports your health and well-being.

Share Your Experience

Your experiences may help others living with MG feel more confident about traveling.

Consider sharing:

- Helpful travel tips
- Accessible destinations
- Favorite hotels or attractions
- Adaptive products that made travel easier
- Lessons you learned
- Encouragement for others planning their first trip

Whether you share your story with family, friends, a support group, or the MG community, your experiences may inspire someone else to begin planning their own journey.

If you are interested in sharing your experience with others in the MG community, the MGA would like to assist you! Contact us at info@mgassociation.org.

Preparing for Your Next Adventure

Once you've had time to recover, consider updating your travel checklist based on what you learned.

You might:

- Replace items you used.
- Restock medications and emergency supplies.
- Update your medical information card.
- Revise your packing checklist.
- Save notes about accessible accommodations or transportation.
- Keep a list of destinations you'd like to visit in the future.

Each trip helps build confidence and experience, making future travel even easier to plan.

Returning Home Checklist

Traveling with myasthenia gravis may require thoughtful planning and flexibility, but it should never prevent you from exploring the places and experiences that matter most. Every journey is unique, and every successful trip is a reminder that, with preparation and support, living with MG doesn't have to mean staying home. Safe travels, and may your next adventure be your best one yet.

Example Returning Home Checklist

After your trip, remember to:

- ☐ Resume your normal medication schedule
- ☐ Rest and recover before returning to regular activities
- ☐ Stay hydrated and eat nutritious meals
- ☐ Monitor your MG symptoms
- ☐ Refill any medications or supplies that were used
- ☐ Update your travel checklist with lessons learned
- ☐ Organize travel documents for future reference
- ☐ Share helpful tips with others if you'd like

Travel Resources

Traveling with myasthenia gravis (MG) is easier when you know where to find reliable information and support. The following organizations provide trusted resources on accessible travel, transportation, medical information, and living well with MG. Because policies, regulations, and accessibility services can change over time, it's always a good idea to review the latest information before your trip.

Transportation Security Administration (TSA)

The Transportation Security Administration (TSA) provides information and assistance for travelers with disabilities, medical conditions, and medical equipment.

TSA Cares
TSA Cares is a free assistance program that helps travelers understand the security screening process before they travel.

TSA Cares can assist with questions about:

- Traveling with medications
- Medical devices and mobility equipment
- Portable oxygen and CPAP machines
- Security screening procedures
- Disability accommodations

Whenever possible, contact TSA Cares at least 72 hours before your flight to request assistance.

Helpful TSA resources include:

- TSA Cares assistance program
- Security screening for travelers with disabilities
- Traveling with medications
- Medical equipment and assistive devices
- Mobility aids and wheelchairs

Accessible Travel Resources

Several organizations provide travel information specifically for individuals with disabilities.

These resources can help you find:

- Accessible hotels
- Wheelchair-accessible transportation
- Destination accessibility guides
- Adaptive recreation opportunities
- Accessible cruises
- Travel planning tips

Examples include:

- AccessibleGO
- Wheel the World
- Sage Traveling (accessible European travel)
- Society for Accessible Travel & Hospitality (SATH)

Many destinations also publish accessibility guides through their tourism websites.

Air Travel Resources

Before flying, review your airline's accessibility information.

Most airlines provide assistance with:

- Wheelchair services
- Priority boarding
- Accessible seating
- Medical equipment
- Service animals
- Oxygen policies
- Battery-powered mobility devices

Contact the airline's accessibility or special assistance department before booking if you have questions.

Ground Transportation

Many transportation providers offer accessible services.

These may include:

- Accessible taxis
- Wheelchair-accessible rideshare options
- Public transportation accessibility information
- Amtrak accessibility services
- Accessible shuttle services
- Airport transportation assistance

When making reservations, ask about available accommodations before your travel day.

Travel Assistance Organizations

Several organizations specialize in helping travelers with disabilities plan safe and accessible trips.

Depending on your destination, they may assist with:

- Accessible accommodations
- Transportation planning
- Equipment rentals
- Accessible tours
- Cruise planning
- Travel insurance guidance

A travel advisor experienced in accessible travel can often help identify accommodations that match your individual needs.

Travel Assistance Organization

Organization	Purpose
Society for Accessible Tourism & Hospitality (SATH)	SATH is a nonprofit organization dedicated to making travel and tourism more accessible for people with disabilities, older adults, and travelers with access needs. SATH provides educational resources, accessibility guidance, industry standards, and information about accessible destinations and travel providers.
TravelAbility Foundation	The TravelAbility Foundation works to improve accessibility throughout the travel industry by partnering with destinations, hotels, transportation providers, and disability advocates. The organization promotes inclusive travel and shares resources that help travelers make informed decisions.
AccessibleGO	AccessibleGO is an online travel platform that helps travelers find and book accessible hotels, flights, rental cars, and vacation packages. The platform also offers destination guides and travel resources designed for people with disabilities.
Wheel the World	Wheel the World specializes in accessible travel experiences around the world. The company verifies accessibility information for hotels, attractions, transportation, and tours, allowing travelers to book with greater confidence.
Wheelchair Travel	Wheelchair Travel provides destination guides, accessibility reviews, travel tips, and directories of accessible travel agents and tour providers. While its primary focus is mobility accessibility, many of its planning resources are useful for travelers with chronic medical conditions as well.
Accessible Travel Planners	Accessible Travel Planners is a nonprofit organization that provides education, travel planning assistance, and resources for travelers with disabilities, chronic illnesses, and accessibility needs.
Accessible Escapes	Accessible Escapes is a travel agency specializing in customized vacations for travelers with mobility limitations, chronic illnesses, and other accessibility needs. They also assist travelers who are immunocompromised and those planning accessible cruises.

Travel Insurance Resources

Before purchasing travel insurance, compare plans carefully.

Consider whether the policy includes:

- Emergency medical care
- Emergency medical evacuation
- Trip cancellation
- Trip interruption
- Lost luggage
- Coverage for pre-existing medical conditions
- Prescription medication replacement

Always read the policy details carefully so you understand what is and is not covered.

Emergency Preparedness Resources

Before every trip, consider carrying:

- Medical alert identification
- MG emergency information card
- Medication list
- Physician contact information
- Emergency contact information
- Health insurance cards
- Travel insurance information

Store both printed and electronic copies whenever possible.

Your Personal Travel Information

Keep this information together in one place before every trip.

Healthcare Team

Neurologist: ____________________

Primary Care Provider: ____________________

Pharmacy: ____________________

Emergency Contacts

Name: ____________________

Relationship: ____________________

Phone: ____________________

Alternate Contact: ____________________

Phone: ____________________

Medical Informatio

Medical Alert ID Number:

Medication Allergies:

Current Medications:

Insurance Company:

Policy Number:

Helpful Mobile Apps

Many travelers find these types of apps useful:

- Airline apps for flight updates
  - American Airlines, Delta, United, Southwest, Alaska Airlines
- Hotel reservation apps
  - Marriott Bonvoy, Hilton Honors, Hyatt, IHG One Rewards, Booking.com, Expedia
- Navigation and maps
  - Google Maps, Apple Maps, Waze
- Translation apps
  - Google Translate, Microsoft Translator, Apple Translate
- Weather apps
  - The Weather Channel, AccuWeather, WeatherBug, Apple Weather
- Medication reminder apps
  - Medisafe, MyTherapy, CareClinic, Round Health (iOS)
- Health record apps
  - Apple Health, MyChart, CommonHealth (where available), My Medical
- Emergency contact apps
  - Medical ID (iPhone Health app), Android Emergency Information, Noonlight, Red Cross First Aid

Many international travelers find these types of apps useful:

- Currency Conversion
  - XE Currency, Wise
- International Navigation
  - Google Maps, Maps.me, Organic Maps
- Public Transportation
  - Citymapper, Moovit
- Language Translation
  - Google Translate, Microsoft Translator, DeepL
- Travel Advisories
  - SmartTraveler (U.S. Department of State), TravelSmart (varies by country)
- Emergency Assistance
  - what3words
- International Communication
  - WhatsApp, Signal
- Accommodation
  - Booking.com, Airbnb, Hotels.com
- Transportation
  - Uber, Bolt, Grab, Free Now
- Travel Organization
  - TripIt, Wanderlog

Downloading apps before your trip can reduce stress while traveling.

Helpful Resources

Myasthenia Gravis Association (MGA)
The Myasthenia Gravis Association provides:

- Support groups
- Educational webinars
  - Video Library of previous webinars
- Patient education
- Resource library
- Advocacy opportunities
- Connections to others living with MG

Website: https://mgassociation.org