

Traveling with Disabilities Checklist

Traveling with Brain Injury & Invisible Disabilities

Travel Checklist

Brain Injury & Invisible Disability Travelers

Before You Travel

- ☐ Add **DPNA code**** to reservation
- ☐ Request seating accommodations
- ☐ Call **TSA Cares: (855) 787-2227**
- ☐ Request Passenger Support Specialist
- ☐ **Print fill in TSA Support Card**
- ☐ Pack sensory tools (headphones, sunglasses)
- ☐ Pack medications and supplies
- ☐ Print itinerary

At the Airport

- ☐ Go straight to your airlines "Special Services" counter
- ☐ Use Wheelchair Assistance
- ☐ Wear headphones & sunglasses if needed
- ☐ Use sensory/quiet rooms

Security Screening

- ☐ Call to meet Passenger Support Specialist
- ☐ Request slower/clearer instructions

Post-Security: Go to the Sensory Room, or use headphones and sunglasses.

Boarding & On the Plane

- ☐ Pre-board
- ☐ Ask for help with bags
- ☐ Request clear instructions if needed
- ☐ Use earplugs/headphones, sunglasses, masks
- ☐ Take time when deplaning.

When you request the **DPNA code** ask to have your seat assigned as close to the front of the plane as possible. Tell them due to your disability you *Need* to be able to "deplane" immediately.

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