



It can feel like there is a lot of extra work in planning a holiday, when you have a rare or complex condition like muscular dystrophy. You need to make sure everything is accessible and meets your needs before you travel. Most importantly, make sure you can get on the plane and that your hotel is suitable.

Our Advocacy Ambassadors' top tips

- 1. Call the airport before you fly.** Make sure there will be someone at the airport to assist you to board the plane.
- 2. Speak to people who have stayed at your accommodation before.** There are some useful organisations you can contact for this kind of information (read our *Holidays* and *Insurance* factsheets for more detail). Find out about the accessibility and facilities – it can put your mind at rest to know these have been tried and tested. Ask for pictures of your room. Check how accessible the areas outside your hotel are – this is often just as important as your hotel.
- 3. Get the right holiday insurance to cover your trip and any specialist equipment you are bringing.** Read our *Holiday* factsheet for further information about travel insurance and suggestions on where to get it.
- 4. Double-check you have packed all your essential items or equipment.** Make a list of everything you need, so you can check against it ahead of time. And don't forget batteries or chargers as well. If you are hiring equipment, make sure it is suitable for your needs and the right size.
- 5. Don't be afraid to try something new or adventurous.** More and more travel companies are catering for disabled travellers and accessibility at holiday destinations is improving. Find out about how you can enjoy experiences such as hot air balloon rides or flying a plane.

Muscular Dystrophy UK Advocacy Ambassadors are here to provide support on independent living. Through their experience of living with a muscle-wasting condition, either their own or a family member's, they are able to provide great advice and support.

If you need advice getting the services, benefits or equipment you are entitled to, our Advocacy Ambassadors can help. Get in touch today:

0800 652 6352 (freephone) or ambassadors@muscular dystrophyuk.org