PARKINSON'S
— WITH GEOFF —

GEOFF CHICK 27 FEB 2026

Thinking about taking a vacation / travelling? Unfortunately, we cannot take a vacation from our Parkinson's Disease (PD). But it doesn't mean you can't take a vacation. Below are some basic considerations and checklists to try and help you plan and enjoy your vacation. These were discussed in Episode 9 of the Parkinsons With Geoff podcast, published on all the major streaming platforms, that is a good way to get your mind thinking about your upcoming trip.

MEMORY JOGGER CHECKLIST

- [ ] 1) How severely do your symptoms impair your motor skills?
- [ ] 2) Are you traveling solo or with someone? If traveling with someone, how well do they know your symptoms and how to help you if needed?
- [ ] 3) How close will the nearest medical center be from wherever you are going and how comprehensive is the medical care at your destination (s)?, e.g. are there neurologits in the area?
- [ ] 4) If you are traveling a long distance, especially by plane, how will your symptoms affect you? Take medication in your cabin baggage – do not put your medication in checked baggage in case it gets lost or delayed.
- [ ] 5) If you need to make flight connections, make sure they are realistic and allow ample time, especially if you have motor skills impairments.

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- [ ] 6) If you have accessibility/mobility requirements, is the hotel/Air BnB / VRBO, etc., able to accommodate you and any assistive devices?

- [ ] 7) Medical insurance. Sort this out well in advance of traveling.

- [ ] 8) Advise your emergency contacts exactly where you are going, with a full itinerary, assuming your emergency contact is not travelling with you.

- [ ] 9) MEDICATIONS: If you are travelling internationally, you may need documentation for each of your medications. You may need specific approvals in advance from your destination country. Many countries consider a 30 day supply of medication as a maximum, so if your vacation is longer, you may need specific approvals – check this out well in advance.

COMPREHENSIVE VACATION PLANNING GUIDE

Start planning and packing in plenty of time, not the night before; you need to take your time while going through your PD checklist; being short on time adds stress and increases the chance that you will forget something-even with the checklist.

1. Basic considerations when deciding where to go on vacation with your PD.

a. How severely do your symptoms impair your motor skills? Perhaps you could manage a rugged hike in isolated areas last year or a couple of years ago, but are you sure your motor skills have not reduced your flexibility and endurance?

b. Are you traveling solo or with someone? If traveling with someone, how well do they know your symptoms and how to help you if needed? Make sure they know.

c. How close will the nearest medical center be from wherever you are going and how comprehensive is the medical care in your area, does the area have neurologists in the area? Does it have pharmacies? Are their local laws about out of country visitors obtaining a prescription if needed, if you are going to another country?

d. If you are traveling a long distance, especially by plane, how will your symptoms affect you? When was the last time you did a long flight? If it was a while ago, your body may react differently to the last time you flew long distances.

e. If you need to make flight connections, make sure they are realistic connections and allow ample time, especially if you have motor impairments.

COMPREHENSIVE VACATION PLANNING GUIDE

f. If you have accessibility/mobility requirements, is the hotel/Air BnB / VRBO, etc., able to accommodate you and any assistive devices? If there is no elevator, does that prevent you from getting safely to and from your room?

g. Medical insurance. Sort this out well in advance of traveling. Does your existing medical insurance cover you for any eventualities that might arise that could be related to your PD? If you are purchasing medical insurance specifically for this vacation, check to see if you need to disclose your PD in the application.

h. Depending upon your symptoms, and perhaps other conditions, you should consult your medical professionals about your trip and follow their advice.

i. Advise your emergency contacts exactly where you are going, with a full itinerary, assuming your emergency contact is not travelling with you. If they are travelling with you, then you should both be giving these details to a trusted person at home.

PACKING CHECKLIST FOR PD

Medications. Make sure you have a list of all your PD medications, and any medications you have for other conditions, including the medication name, strength and dosage.

a. Make sure in advance of your trip that you have enough medication on hand for the trip duration and I recommend taking an additional week of medication in reserve if you are flying internationally. CAUTION: Some countries may limit the amount of medication you can bring with you to a 30 day supply; if your vacation is longer than that, you may need a specific approval from the country you are visiting.

b. Make sure you have medication on hand for when you return home, don't come back and discover you have only one day of a prescription (RX) left, you may not be able to get a refill that quickly.

c. Take your medications in carry-on luggage if you are travelling by plane. Keep the medications in their original containers and take the pharmacy information sheet for each medication with you as well, most definitely if any of your medications are some type of controlled substance wherever you live.

PACKING CHECKLIST FOR PD

a. If traveling long distances by air, you can make your journey a little easier by putting the medications you will need for the duration of your actual flight(s) in a segmented pill box and have it accessible easily. I always take my in-transit medications in accordance with my home local time zone, but adjust to the local time zone for medication timing once I arrive.

e. If possible, have someone double check that you have definitely packed all your medications and not accidentally crossed one or two off before you put them in your bag. L (yep, I speak from my own dumb experience here).

You are welcome to share your tips, tricks and vacation experiences with us at:
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ASSISTIVE DEVICES

a. Walking canes, rollators, etc., make sure you take them with you when you leave the house, and if flying by air, advise your
airline well in advance if you will need to use a wheelchair once you get to the airport.

b. If you are unable to take assistive devices, e.g. perhaps a sit-on electric scooter, make sure you have made arrangements to rent one wherever you are going.

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DOCUMENTS

a. Depending on where and how you are traveling, you may need all of none of these, make sure you check them off and put them in something protective and accessible.

i. Itinerary and tickets

ii. Passport

iii. Visa(s) if needed

iv. Vaccination certificates if needed

v. A Doctor's note of fitness to travel if required, depending on your destination and your airline, cruise line, etc.

vi. As described in the packing of medications in section 2 of this guide, ensure you have supporting pharmacy and/or Doctor's paperwork for medications you are taking with you.

Wallet, credit cards and some local currency, again depending on where you are going.

DOCUMENTS

TIP FOR DOCUMENTS AND IMPORTANT ITEMS: If you are flying internationally, you will need to show your passport, boarding pass, visa, etc., multiple times. Make sure that you do not leave any of those checkpoints without checking that you have your travel documents, your wallet and your mobile phone if you have one. Set up a routine to track your important documents and items. Use the eyes, ears and memory! of your travel companion too if you have one.

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Leave yourself plenty of time, including when changing planes if that is part of your itinerary. If you are in a rush, you are more likely to forget something. Do not leave any checkpoints in the airport without ensuring you have all the items required from the list above. Also, make sure you check you have all those items before you get up out of your seat whenever you deplane.

Please recall: (1) I am not a doctor or medical practitioner, and this is not medical advice, just me sharing my experiences. (2) We all have different PD symptoms and severities of symptoms, there is no universal checklist that can apply to everyone, but this will help get you thinking, and the checklists are a good basis, at least for me, to ensure I don't forget anything, although on a recent vacation I still did even with a checklist ! (3) A lot of this is applicable to vacation planning and readiness regardless of PD.
Most importantly – enjoy your vacation, PD requires us to adapt our lives but does not require us to give up. Have fun, travel while you can, be grateful that you can travel and make the most of it.

You are welcome to share your tips, tricks and vacation experiences with us at:
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We would love to hear from you, and if you give us your permission, we may include your tips / experience in either an update to this checklist document and/or a future podcast.
Enjoy your travel!
Geoff