



**TRAVELING WITH
YOUR PROSTHESIS**

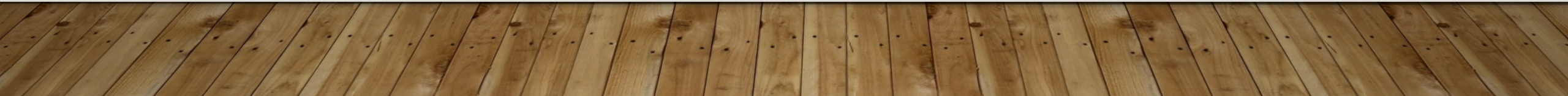
THINGS TO PACK – AIR OR ROAD TRAVEL

- ☐ Prosthetic socks, donning sleeve, lubricant or other donning supplies
- ☐ Shrinkers
- ☐ Chargers (if applicable)
- ☐ Extra Liner and sleeve (if applicable)
- ☐ Lotions or anti-perspirants that you have used before
- ☐ 4mm Allen wrench or (if you've discussed this with your prosthetist)
- ☐ Disabled parking placard
- ☐ Cover or plastic bags to put around the prosthesis near sand or water
- ☐ Something to use as back-up – back-up prosthesis, collapsible crutches, wheelchair
- ☐ Basic First Aid supplies for a small wound, rash, etc
- ☐ In case something happens to your prosthesis on your trip, it's handy to have the contact info for your prosthetist and a prosthetist in your destination.



AIR TRAVEL: GOING THROUGH TSA

- As long as the item is medically necessary, all canes, wheelchairs, and crutches can go through security.
- The items will be sent through the x-ray line, and they will be swab tested
- They will also swab test the prosthesis (this is done for explosive trace)
- The prosthesis does not need to be removed.
- If you would like more privacy, you are allowed to ask for a private screening
- You can ask to be accompanied by an assistant, friend or family member who can assist you, but only after they have been successfully screened themselves
- Covers make it more difficult to get through TSA. If yours is removable, consider removing it.



DISABILITY CARD

If you do not wish to verbally disclose your prosthesis, you can pass this card to the TSA agent. This is found on the TSA website.

TSA Notification Card: Individuals with Disabilities and Medical Conditions

I have the following health condition, disability or medical device that may affect my screening:

I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

Information • Assistance Requests • Compliments • Complaints

TSA Cares

1-855-787-2227 (Federal Relay 711)

Weekdays: 8 a.m. to 11 p.m. ET

TSA-ContactCenter@tsa.dhs.gov

Weekends/Holidays: 9 a.m. to 8 p.m. ET

Hablamos Español

Automated information offered in 12 languages

Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.

AROUND THE AIRPORT/PREBOARDING

- If you need a wheelchair:
 - If you just need one for transportation around the airport, then you may request one from the airline. TSA does not offer this, this is something that needs to be set up with the airline before coming to the airport.
 - If you choose to bring your own wheelchair, it will go through a TSA screening similar to the prosthesis.
- Utilize moving sidewalks when possible to conserve energy
- Check in with the flight attendants prior to boarding
 - This gives you the opportunity to arrange an aisle chair or any other assistance needed
 - When the aircraft doesn't use a ramp for boarding/unboarding, ask the flight attendant to escort you to an elevator
- All flights offer preboarding to persons with disabilities who may need more time

ON THE FLIGHT

- Swelling is very common for anyone on a flight
- Tip: standing up and walking the aisle a few times during the flight is one way to help reduce swelling
- If you prefer to take your prosthesis off when flying, wear your shrinker or liner to help control swelling



ROAD TRIPS

- Take more frequent stops to walk around
- If you prefer to take your prosthesis off when riding, wear your shrinker or liner to help control swelling



AT YOUR DESTINATION

- If making hotel reservations, look into accommodations that you need
 - Examples:
 - Walk in shower
 - First floor
 - A room close to elevators
 - Wide doors



WHAT PREVIOUS TRAVELERS REPORT

- When traveling to somewhere that is more humid, you may experience swelling and excessive tightness
- Wearing shorts makes going through TSA and removing the prosthesis mid flight easier
- Be prepared to drop your pants at TSA (don't go commando)
- Find a seat or section that has a lot of leg room to spread out
- Check baggage when possible, but assume your baggage will be lost - carry necessities with you (extra socks, power source, charging device, etc)
- ALWAYS have your phone and extra power so can reach out for help if needed
- Bring a leatherman tool with a bit kit that has 4,5 ,and 6mm allen bits.
- Schedule an appointment with your prosthetist a month before flying, that way they can check that the prosthesis to make sure everything is tight and secure and the prosthetic supplies to make sure there are no holes or damage.
- Declare liquids that are medically necessary for your trip
- Allow extra time to make flight connections
 - Some airports offer assistance to get to gates (wheelchairs, golf carts) but never rely on it

WEBSITES TO REFER TO:

- Kingsley, Jim. “5 Tips for Traveling with a Prosthesis.” *Scheck & Siress*, Scheck and Siress, 29 Mar. 2021, www.scheckandsiress.com/blog/5-tips-for-traveling-with-a-prosthesis/.
- Potok, B., CPO. (2018, August 22). How to Deal with the TSA when Traveling [Web log post]. Retrieved from <https://amputeestore.com/blogs/amputee-life/prosthetic-users-how-to-deal-with-the-tsa-when-traveling>
- The top 10 travel tips for amputees. (2013, August 21). Retrieved April 1, 2021, from <https://eastpointpo.com/the-top-10-travel-tips-for-amputees/>