

Safety & Travel tips

For Individuals with Disabilities

Backpack's assistance team can provide general safety advice for travellers and emergency assistance if you need help. We're available 24/7:

+1 603-952-2689 | mail@oncallinternational.com | www.oncallinternational.com/chat/direct

Plan Ahead

Before traveling, research accessibility options for transportation, lodging, attractions, and emergency services. Contact hotels and airlines in advance to confirm features like ramps, elevators, and accessible bathrooms, and review local laws and attitudes toward disability rights.

Inclusive Accommodation Tips

Choose hotels with verified accessibility features like ACA-compliant rooms, and ask about layout, bathroom access, and emergency procedures to ensure comfort and safety.

Plan for accessibility

Use resources from the [Canadian Transportation Agency \(CTA\)](#) and [CATSA](#) to understand barrier-free travel options and airport screening procedures tailored to specific disabilities.

Advance Notice for Specialized Travel Needs

Airlines may require up to 48 hours' notice and early check-in for certain services, such as onboard medical oxygen, respirator hookups, transporting powered wheelchairs on smaller aircraft, onboard wheelchairs for planes without accessible lavatories, and accommodations for large groups with disabilities. Providing this notice ensures smoother coordination and avoids delays.

Accessibility Essentials for Travelers with Disabilities

If you're traveling with a service animal, medical devices, or medications, make sure to understand the rules and documentation required. Carry prescriptions, follow guidelines for transporting medical equipment, and ensure your service animal meets travel regulations.

Accessible Destination Planning

Follow disability travel influencers for firsthand advice and use platforms like [Wheel the World](#) or [Travel Without Limits](#) to discover destinations with verified accessibility features.

Stay Connected

Share your itinerary with someone you trust. Keep emergency contacts and medical information easily accessible. Use apps that support navigation and communication.

Hidden Disabilities

We recommend bringing items that help your anxiety with you on the plane. This includes fidget toys, noise-reducing headphones, stress balls and other similar things.

Sunflower Project

Wear the Sunflower lanyard to discreetly signal a non-visible disability. It helps staff offer extra support in airports, transit, and public spaces. Learn more at [here](#)

