

Elizabeth had been living with heart disease for decades. Before she went south in January, she booked two appointments. The first was with a travel health clinic to find out what she'd need to carry with her in case she became ill while travelling. She was advised to take a copy of her latest electrocardiogram (EKG) as well as a list of all her medications, and to carry these items in her hand luggage. She was also reminded to purchase comprehensive travel health insurance. Then she booked an appointment with her family doctor to get copies of all the relevant medical information.

Once you enter the departure screening area at an airport, tell the screening officers about any medical implants, artificial limbs or mobility aids you have that may be affected by the metal detection equipment.

If you're disabled and will be travelling outside North America, visit the Disabled Peoples' International website at www.dpi.org for information about accessibility in the country you'll be visiting. More information on international travel for disabled persons can be found under "Frequently Asked Questions" in the "Before You Go" section of the Consular Services website at www.travel.gc.ca.

