

# Checklist: Air Travel with Rare Disease Disability



rare voices  
AUSTRALIA®

Use this checklist to help plan your air travel based on your rare disease disability and medical needs.

## 1. Air Travel Compliance Needs

Do I require a Medical Clearance Form to travel?

Am I required to fly with a companion due to my medical, personal safety and hygiene needs?

Am I travelling with an assistance animal?

Am I travelling using a battery powered wheelchair?

Have I checked with the airline to see if they offer flight discounts for people with disabilities and their companions?



## 2. Medical Needs

Do I need to bring medications or medical supplies?

Do I require in-flight oxygen or other medical equipment during the flight?

Do I require special meals and/or support to access food/drink during my trip?

Have I contacted the airline about medical clearance or special needs?

Have I requested additional free baggage to accommodate my life-sustaining medical needs and equipment?

Do I have a doctor's letter or prescription for my medical items?



# Checklist: Air Travel with Rare Disease Disability



rare voices  
AUSTRALIA®

## 3. Mobility Needs

Do I use a wheelchair, walker, or another mobility aid?

Do I have the dimensions, weight and relevant supporting documentation for my aids?

For battery powered devices, do I have details of the battery type (e.g. lithium-ion, gel, dry cell) and safety labels?

Have I arranged for kerbside drop-off and mobility assistance at the airport and during boarding?

Have I requested to use my own mobility aid until I arrive at the boarding gate?

Have I confirmed how my mobility aid will be stored or returned?

Do I need an aisle chair or transfer support on board the aircraft?

Have I requested my preferred seat (e.g. aisle seat, near the toilet etc)?



## 4. Communications Needs

Do I use AAC tools, sign language, Braille or communication boards?

Have I downloaded or packed my communication supports?

Have I requested specific visual aids or signage at the airport?

Do I need communication assistance using tactile signing or support workers?

Have I signed up to receive airline text-based communication options (SMS, email, chat)?



# Checklist: Air Travel with Rare Disease Disability



rare voices  
AUSTRALIA®

## 5. Sensory Needs

Do I have a document listing my sensory support needs including how to use tactile cues to help me?

Do I need access to a quiet room or sensory-friendly space?

Have I downloaded sensory maps for the airport?

Do I use noise-cancelling headphones or comfort items?

Have I requested private or separate security screening?

Have I requested priority boarding to avoid crowds?



## 6. Documentation and Support

Do I have all necessary medical documents and identification?

Have I contacted the airline to notify them of my needs?

Do I have contact details for airport/airline accessibility services?

Am I travelling with a carer or support person?

Do I need additional support at any stage of my trip?



# Checklist: Air Travel with Rare Disease Disability

*This resource is part of the nationally codesigned **Rare Disease Disability Toolkit** and is accurate at the time of publishing (February 2026). **For more information, see the *Navigating Air Travel with Rare Disease Disability* guide.** The information provided does not necessarily represent the views of Rare Voices Australia (RVA) or imply endorsement. RVA is not liable for any loss, damage, or consequences arising from the use or misuse of this resource.*

