

get to know how you'll go

looking after #1 starts with the right seat, supplies and strategies for small spaces



Can you transfer with minimal help?
Flying on a larger plane with >30 seats or 2 aisles?
Can you do your bathroom routine independently?



Bring supplies to help you wait longer between bathroom visits and look after your needs from your seat with minimal help.



aisle chair & lavatory

You need:

- The ability to do a 90° or 180° transfer or a standing pivot transfer.
- To do your bathroom routine independently
- Good sitting balance when supported

Aircraft 30+ seats (Canada)/60+ seats & 2 aisles (US) must have an **on-board aisle chair** for getting to the bathroom.

Let your airline know you need one when you confirm 72-48 hrs in advance.



"Accessible" lavs in Boeing 787



The **standard aircraft lavatory** (bathroom) requires a 180° transfer or a stand & pivot transfer in a very small space!

"Accessible" aircraft lavatories are a few inches wider, sometimes using a sliding wall to merge two lavs. This allows a 90° transfer that's closer to the toilet. Look for these on modern wide-body aircraft:

Airbus A330, 340, 350, 380
Boeing 747, 767, 777, 787



Aisle chair



supplies

- Use a **large scarf/blanket** for privacy at your seat while you look after your needs. you can also ask a flight attendant to ask seatmates to give you a moment alone.
- Use an **overnight-sized collection bag** for long flights & bring a spare with you!
- Drain from collection bag or catheter into **1L plastic water bottle** with lid
- Ask a companion to drain bottle into toilet for you, or keep it in a carry-on until landing.

strategies

- **Minimize water intake** the day before & during travel and avoid caffeine and alcohol.
- Visit the bathroom in the airport **right before your flight** pre-boards & after deplaning.
- See your doctor about **medications** that can prevent unexpected leakage.
- Try absorbent pads to help stay dry.

Accessible Travel guides, video tours, and stories from travellers with SCI: www.SCI-BC.ca/travel