Many people living with pain say it’s a big comfort to pack a pain-reducing bag of tricks – things you know have worked to keep your pain at bay. Next time you travel, think about what items can help ease your pain.

Your “less pain” travel kit might include:

- plastic bags to put ice in
- disposable heating pads, favorite sports rub or a hot water bottle
- pillow to support your neck or back (a rolled up towel or sweatshirt can also do the trick)
- adhesive or elastic bandages
- extra washcloth
- any pain medications or ointments in their original bottles or containers
- any assistive devices that help you get around
- healthy snacks
- bottle of water to stay hydrated (if you are traveling by plane, pack an empty water bottle or plan to buy one once you are through security)
- favorite sweater, shawl or small blanket
- an extra pair of slip-on shoes or slippers
- soothing music or recordings of deep breathing exercises, along with your smartphone, computer, tablet, iPod or MP3 player
- ear plugs, eye mask, ear phones
- stress ball to transfer any nervous energy
- other items that help you pay attention to something other than pain (books, videos, puzzles, etc.)
- other: ____________________________________________

 Regardless of the reason for your travel, make sure to keep up with any self-care routines you have while you’re away from home. For example, if you meditate or do gentle stretches or yoga poses every morning, carve out time to keep up with this activity during your trip.

As always, talk with your health care provider about how you can stay on top of your pain management plan when traveling.

For more information, see other APF pain and travel resources including Your Pain and Travel Guide, How to Plan Before You Go at www.painsafe.org.

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