



**Travel from Backyard to Beyond
Discussion Questions**

August 2026

1. What tools or strategies help you with sleep when you are traveling?
2. What items do you always keep with you when traveling, and why are they important?
3. If you use public transportation, what tips would you give someone using it for the first time?
4. Packing early often makes things smoother — has getting a head start helped you on your travels or outings?
5. How do you prepare for changing weather conditions when traveling?
6. Handling fixed positions during travel can be challenging — what do you do to reduce discomfort when you can't move around much?
7. Leaving the house can be stressful when you have chronic pain. What helps you get ready for your outing?
8. What mindfulness practices (ex. meditation, breath work, etc.) are useful when you feel some travel stress?
9. What 'comfort items' do you pack when you are going on a trip?
10. Preparing for an outing often means anticipating pain levels — what goes into your prep when you know you'll be out and about?
11. How do you stay hydrated when you are out of the house?
12. What do you consider when creating your packing list for a trip?
13. What items or strategies make traveling in a car more comfortable?
14. How do you avoid overdoing it when you are out of the house?

15. If you could share one piece of advice about effective daily travel with someone else, what would it be?
16. What modes of travel work best for you and why?
17. How do you adapt when symptoms flare during a trip?
18. What accessibility features or accommodations have made traveling easier for you or someone you know?
19. What travel habit have you developed that saves you the most time or reduces stress during your day?
20. Where do you find healthy eating options when you are out? Do you have a useful app for this?
21. How do you manage fuel costs or transportation expenses while traveling regularly?
22. What are some important vehicle maintenance checks that can help prevent travel disruptions?
23. What do you include in your travel comfort kit? (For example neck or low back pillow, heating pad, ice packs, etc.)
24. What strategies help you stay organized when running multiple errands in one trip?
25. What tools help you deal with weather challenges, such as intense sun, pouring rain or snow?
26. What are some things you do to prepare before leaving home for the day?
27. How do you stay safe while traveling during the evening or in unfamiliar areas?
28. What cushions, pillows or mobility devices make trips easier for you?
29. Have you considered getting a handicap placard given your pain condition?
30. Have you considered watching travel shows or online videos as a way to see the world from your couch?
31. When you travel do you plan regular breaks every 60-90 minutes? If so, does it help?
32. What has travel—near or far—taught you about your pain, your limits, or your strengths?
33. How do you plan your route to avoid delays, heavy traffic, or construction?

34. How do you balance convenience with cost when choosing how to travel (driving, carpooling, public transportation, walking, etc.)?
35. What apps, maps, or navigation tools have you found most helpful for daily travel?