



Travel from Backyard to Beyond Resources

August 2026

1. Mayo Clinic: [Travel Tips for People Living with Chronic Pain and Symptoms](#)
2. Pain Treatment Centers of America: [Managing Pain While Traveling...](#)
3. Creaky Joints: [12 Ways to Make Road Trips and Car Rides Easier When You Have Arthritis](#)
4. Advanced Pain Institute of Texas: [How to Avoid Pain While Traveling](#)
5. Rheumatoid Arthritis. Net: [Tips for Efficient Errand Running with RA](#)
6. Postcards From Ivi Blog: [10 Ways to Travel the World from Home](#)
7. Spine Diagnostic & Pain Treatment Center: [Best Travel Tips for Managing Pain on Summer Road Trips and Flights](#)
8. Hopkins Medicine: [Traveling with Chronic Conditions](#)
9. Psychology Today: [What It's Like to Take a Vacation While Chronically Ill](#)
10. Southeast Pain & Spine Care: [Top 5 Tips for Traveling with Chronic Pain](#)
11. Parkview Pain & Regenerative Institute: [Airplane Travel with Chronic Pain: Comfort Solutions](#)
12. Positively Chronic Travels: [Packing for Travel with Chronic Illness](#)
13. National Park Service: [Access Pass](#)
14. Transportation Security Administration (TSA) for Flying: [What Can I Bring - Medical](#)