

Traveling with a Concussion

Printable Prep Checklist — NCX Brain Recovery

A few glorious moments beat a ton of miserable half-good ones. Pack smart, pace well, enjoy the trip.

PACK THIS

- ☐ Earplugs or noise-reducing headphones
- ☐ Sleep mask or sunglasses
- ☐ A hat
easy, low-effort glare protection
- ☐ Cold pack or heat pack
- ☐ Electrolytes + refillable water bottle
- ☐ Written plan for symptom spikes
quiet spot, snack, screen break
- ☐ Binaural/brainwave audio app + headphones
e.g. BrainWaves app (iPhone)

IF YOU'RE FLYING

- ☐ Choose a window seat for head support and less jostling
- ☐ Hydrate more than usual before and during the flight
- ☐ Chew gum or swallow often during takeoff and landing
helps equalize ear pressure
- ☐ Keep headphones + sleep mask on for takeoff and landing
not just cruising
- ☐ Limit alcohol and caffeine on the flight

DO THIS BEFORE YOU GO

- ☐ Pack a few days early — not the night before
- ☐ Talk to your travel companions about your symptoms and triggers
- ☐ Make a specific plan together: who steps in, where to meet, what changes the day
- ☐ Confirm with your provider that travel fits your current recovery stage

WHILE YOU'RE THERE

- ☐ Scope out quiet spots ahead of time (concourse, airport corner)
- ☐ Take breaks early — a break taken early is recovery, not damage control
- ☐ Monitor your battery, not your mileage, all day long
- ☐ Stay ahead of hydration and food — don't wait for symptoms to tell you
- ☐ Build in buffer time before and after — arrive early, ease back in slowly