Long Trip?
Keep Moving & Know the Signs

A practical checklist for planes, cars, trains, and buses.



BEFORE YOU GO
A LITTLE PLANNING GOES A LONG WAY.

- [ ] If you've had a blood clot, or if you have other risk factors, talk with your **healthcare provider** about your personal travel risk.
- [ ] Ask whether you need special precautions, compression stockings, or medication.
- [ ] Pack comfortable clothing and shoes.
- [ ] Choose an aisle seat if possible (on planes, trains, or buses).
- [ ] Plan for movement breaks, including rest stops on road trips.
- [ ] Stay hydrated. Bring a refillable water bottle.

DURING THE TRIP
SIMPLE HABITS CAN HELP.

- [ ] Move your ankles and legs regularly while seated (see examples below).
- [ ] Raise and lower your heels, then your toes.
- [ ] Change positions often.
- [ ] Get up and walk when it's practical — aim for at least every 1–2 hours.
- [ ] On road trips, stop to stretch and walk.
- [ ] Drink water regularly. Avoid too much alcohol and limit caffeine, as they can contribute to dehydration.
- [ ] Wear loose, comfortable clothing.
- [ ] Keep items you need within easy reach so you can move more comfortably.

EASY MOVES YOU CAN DO WHILE SEATED

Repeat a few times throughout your trip.



Heel Raises
Lift your heels, then lower them.



Toe Raises
Lift your toes, then lower them.



Ankle Circles
Slowly rotate your ankles in each direction.



Flex and Point
Point your toes, then flex them toward you.

DON'T IGNORE THESE SIGNS

Symptoms can develop during your trip or after you arrive home. Don't dismiss them just because your trip is over.



Possible Deep Vein Thrombosis (DVT)

Seek prompt medical evaluation if you notice:

- New swelling in one leg (or along a vein)
- Pain or tenderness, often in the calf
- Warmth in the affected area
- Redness or discoloration



Possible Pulmonary Embolism (PE)

Get emergency medical help immediately if you experience:

- Sudden difficulty breathing
- Chest pain (which may be worse when breathing deeply)
- A fast or irregular heartbeat
- Coughing up blood
- Feeling lightheaded or fainting

One Last Reminder

This checklist can help you prepare and remember simple steps, but it cannot determine your personal medical risk. Your healthcare provider knows your medical history. A general travel guide doesn't.

DOWNTIME DESTINATIONS
ESCAPE. EXPLORE. EXHALE.