

Travelling by rail

Trains can be a convenient and relaxing way to get around and they should be relatively easy to use with a bit of forward planning.

We recommend you contact the rail company at least 24 hours before starting your journey so that arrangements can be made to help you on and off the train. Some UK trains have wheelchair access and allow oxygen on board, so this should help to simplify things. If you need to travel with oxygen it is important to contact the rail company to ask about their regulations as they all have different rules.

If you're travelling further afield in Europe, make sure you contact the relevant train company or speak to your travel agent so that the correct procedures can be followed.

When travelling by train, don't forget to pack the following:

- Medications for the duration of the journey, plus extra in case of delays and in a cool bag if necessary
- Food and drink
- Books and games to keep your child entertained
- Change of clothing in case of accidents or spillages
- A charged mobile phone