

Spring Break/Travelling with Hearing Loss: What You Need to Know

Even under the best circumstances, the logistics of traveling can be complicated. When you add in hearing loss, traveling can seem overwhelming. With a little planning, however, hearing loss won't put a damper on your spring travel plans.

Planning for Paradise

Just like packing your clothing, there are a lot of factors to consider when you are packing your hearing aid essentials for vacation.

- Weather is especially important when it comes to the performance of your hearing aids. Will the weather be cold or hot; dry or humid?
- Consider the hearing accessibility of the places you'll be visiting, as well as the noise level. Will you need any assistive listening devices?
- What events will you be taking part in while on vacation? Will it be a relaxing vacation or filled with more activities?

It's a lot to think about, so before you head out on spring break, make sure you consider these factors while planning and packing.

Savoring Your Break

Once you've arrived at your destination, you'll want to protect your hearing aids. Here are some tips to make sure you do so:

- If you're at the beach or near a pool, make sure to remove your aids, turn them off, and store them safely in their case before going near the water.
- Keep your hearing aid case in the shade, never directly in the sun.
- Remove your hearing aids before you put on sunscreen. Once your sunscreen has dried, it's safe to put them back in!
- Wash your hands prior to handling your hearing aids, ensuring they are free of sand, sunscreen or anything else you may have gotten into.

If you're checking into a hotel, remember that most are now required to offer ADA accommodations, including those for people with hearing loss. Be sure to call ahead to request an ADA Hotel kit, which typically includes telephones compatible with hearing aids, TTY for outgoing calls, visual and tactile alarm clocks, TV decoders, and other safety alerting devices.

Don't let hearing loss interfere with your spring break/travel plans. To learn more about your hearing health, click the button below to fill out our online contact form or call us at [PHONE NUMBER] and make sure you are prepared to enjoy every sound of your vacation!