Planning the Perfect Vacation With Fibromyalgia

by PUJA RIOS

Vacations for People with Fibromyalgia

Since planning is such a huge part of managing fibromyalgia and chronic pain, I have a checklist for things to consider while planning. I look into the location, how to stay comfortable while traveling, and what to do once I arrive.

The goal of all of this planning is to design a getaway that’s just right for you. Here’s how to plan a vacation when you or someone close to you has fibromyalgia.

Deciding on a Location

Planning a vacation can be tiring, that's why I created a checklist of things to research first before you book your vacation.

Book Direct Flights Only

When looking into flights, try to find flights that are strictly direct. Try to take into consideration of finding a flight that is no more than four to seven hours of flight time. The longer you're on a plane you might have a flare up.

Temperature

Some fibromyalgia people suffer from temperature sensitivity, and when planning a vacation, it is essential to find a place where you'll feel comfortable.

I suggest warm locations where you can wear lightweight clothing that works 24/7. However, if you're interested in traveling to a cooler place, it's important to dress right for the weather.

Find a Place With a Beautiful Landscape

Having a beautiful view during your incredible fatigue days can help make your vacation that more relaxing. Finding a room with a balcony or resort a with an outdoor community area to take in the view from a chaise lounge can be an all-day activity until you're feeling better.

Consider an All Inclusive Resort

One of the advantages all-inclusive resorts have is activities. You can relax at the spa for the day, relax by the ocean, and go on a bus tour.

For the days when you have the energy or feeling adventurous, you can book yourself and others an activity you can all enjoy together.

Read the Reviews

Having an especially caring and accommodating staff can make or break a vacation. Read the reviews and ratings. Keep in mind that even a good website doesn’t always equal good customer service.

Staying Comfortable While Traveling

Once the location is decided on, create an up-to-date list of your prescriptions, vitamins, what you'll take in your carry-on bag and what will go into your suitcase.

Additionally, bring your phone charger and a heating pad. Many of the newer trains, planes, and buses, there are outlets built-in under the seats. It is perfect for when you're feeling cold, and it will help you enjoy the rest of the flight.

Activities to do on Vacation

Once you recover from all of your travelings, you'll probably want to get out of your room and enjoy the new surroundings. Below, are the activities that I recommend you do when you're on vacation.

Go to a Spa

Visiting a spa on vacation is about pure relaxation, pampering, and alleviating pains. Look into getting a full body massage, spa treatment facial, or a manicure and pedicure. Do what you feel is relaxing.

Spend Time at the Pool or Beach

Reading under an umbrella by the pool or beach can be enjoyable. It's the best of both worlds, you're outside but under the shade to avoid the sun. You can also use this time to plan on what you would like to do next.

Dining Out

When you're on vacation, cooking is never on the top of anyone's list. Many resorts offer food buffets or restaurants on site to choose from but if you're not staying at a resort, ask your hotel where the best restaurants in the area are and start from there.

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When you're dining out, try your best to avoid eating any inflammatory foods to reduce your chances of a flare up.

Sitting by Shore-side

If you're spending your vacation that's near a beach, make a plan to relax and sit by the shoreline. Listening to the sound of the beach waves come in and out can be seriously calming.

Sightseeing During Your Vacation

One of the best things about vacation is you get to explore.

The best part of sightseeing is that you get to move at your own pace. Avoid group tours and speak with the hotel staff instead as they are more than happy to help you create your own exciting excursion.

Don't Forget to Find Time to Rest

Taking time to rest is a huge part of every vacation. Whether it's in your room with your heating and cooling pads,

or out by the pool with a shade hat — rest is key to a successful vacation.

For many, a perfect vacation is spent by the poolside, enjoying good food, and relaxation. The next time you're planning a vacation, keep these tips in mind.