

Neuroscience Family Advisory Council travel tips



Hello, patients and families!

This tips sheet is brought to you by the Neuroscience Family Advisory Council (NFAC). It was developed in collaboration with our out-of-state families who generously shared their advice on how to make your trip to Boston Children's a little easier.

Before your appointment

Tip #1: Transfer your medical records early

- Ensure all scans, test results, and documents are sent well in advance of your appointment.
- Don't assume your records have been sent — follow up with your local provider and your team at Boston Children's to confirm.
- If your records are being sent electronically, ask your local facility which medical record software they use — it might be helpful when coordinating with Boston Children's.
- When in doubt, request your records and coordinate the transfer directly with Boston Children's yourself.

Tip #2: Book your appointments as soon as possible

- Know what appointments, tests, and imaging you need and confirm all dates, times, and locations.
- Schedule and confirm your appointments early. Clinics and tests fill up fast.
- Use the MyChildren's Patient Portal to double-check everything. It shows all your scheduled clinic visits and imaging appointments, as well as their dates, times, and locations.
- Complete testing (blood draws, MRIs, etc.) locally before your trip to ease your schedule while in Boston.

Travel and logistics

Tip #3: Plan for travel disruptions

- Try to arrive in Boston at least one day before your first appointment.
- Boston traffic and construction can cause delays — build in extra time to get to appointments.
- Keep in mind there's often construction happening in and around Boston Children's, so things may look different than during your previous visit.

Tip #4: Organize your medical supplies

- Airlines often allow free carry-on for medical bags and equipment — check your airline's policy.
- Keep essential medications, medical equipment, and supplies in your carry-on in case of lost luggage.
- Count and pack all medications before you leave. If you need it, there's a CVS Pharmacy in the hospital lobby.

Tip #5: Get ahead of car rental and transportation logistics

- If you're renting a car, sign up for loyalty programs and complete paperwork in advance to skip the counter and the wait at the rental agency.
- Driving in Boston can be tricky with tunnels, construction, and traffic — map your route from the airport and to/from the hospital ahead of time.
- Remember to get your parking validated at the visitor desk in the hospital lobby.

Accommodations and essentials

Tip #6: Book a hotel with hospital rates

- Many hotels near Boston Children's offer patient-family discounts. Speak directly with the hotel to get more information.
- Compare hospital discounts with online deals to find the best price.

Tip #7: Plan your groceries and supplies

- Make a grocery or essentials list before you arrive — they're helpful for online delivery or navigating unfamiliar stores.

While you're in Boston

Tip #8: Explore the city

- Take time to enjoy Boston. Some of our favorite family-friendly favorites include:
 1. New England Aquarium
 2. Boston Children's Museum
 3. Museum of Science
 4. Boston Common and other local parks and green spaces

Please let us know if you have any feedback or tips to share!

We look forward to seeing you in Boston, The NFAC team

Check us out online: <https://www.childrenshospital.org/centers/neuroscience-center/family-advisory-council>