



mardee TRAVEL

Plus-Size *Travel* Guide

THE ESSENTIAL GUIDE FOR PLUS SIZE TRAVELERS

Traveling as a plus size person can sometimes feel a little overwhelming — but it doesn't have to. With the right tips and mindset, you can explore the world comfortably, confidently, and without apology. This guide is here to help you prepare, navigate, and fully enjoy your adventures.

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Knowing your options for seating, boarding, and mobility can make flying smoother and easier.

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Picking the right hotel or resort ensures your accommodations fit your needs for space and comfort.

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Travel is for everyone, and embracing your right to take up space makes every experience more rewarding.

Before You Go

on vacation



Flights

Air travel can feel stressful, but choosing the right seat makes all the difference.

Airlines like JetBlue, Southwest, and Delta tend to offer more generous seating. If you're concerned about the seatbelt, remember you can always request an extender for free or bring your own FAA-approved version to make the flight more comfortable.

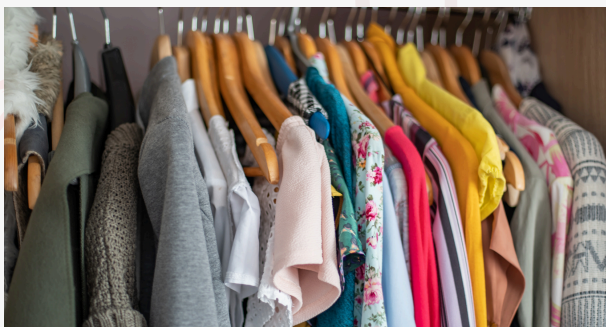


Cruises

When it comes to cruising, a balcony cabin is often worth the upgrade. The extra space gives you room to move around and a private spot to relax, which can make your entire trip feel more enjoyable.

Before You Go

on vacation



What to Bring

Packing the right clothing and gear helps you feel comfortable wherever you go. Lightweight fabrics like cotton and linen keep you cool, while stretchy pieces transition easily from sightseeing to dinner. Supportive, wide-fit shoes are also a must if you'll be walking or standing for long stretches of time.



Packing

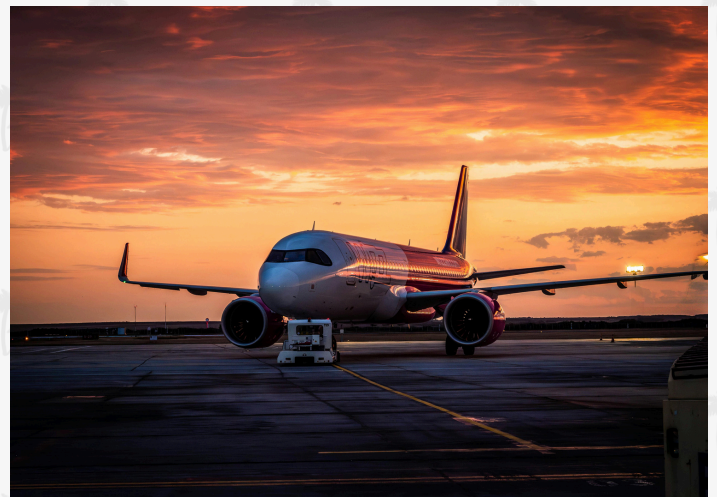
Organization is everything when it comes to packing. Rolling your clothes and using packing cubes saves space, keeps everything wrinkle-free, and makes it easier to find exactly what you need when you arrive.



At the Airport & on the Plane

Airports can mean a lot of walking. If that feels like too much, you can always request wheelchair or cart service — it's a service for anyone who needs it, not just people with visible disabilities. Boarding is another area where you can make things easier. Many airlines allow pre-boarding if you need extra time to settle in, just ask.

When it comes to your seat, think about what you'll need most: extra legroom, movable armrests, or being close to the restroom. Bulkhead and exit row seats offer different pros and cons, so it's worth checking details before you pick.



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Where to Stay



Research

Before you book, spend a little time digging into reviews, especially from other plus size travelers.

They'll often share details you won't find in the hotel's description — like whether the shower is spacious or if the chairs feel sturdy.

Request

If something is unclear, don't hesitate to call the hotel directly. Asking about bed sizes, bathroom layouts, or seating options is completely normal, and most properties are happy to give you honest answers.

Relax

Once you've done your homework and made your requests, you can check in with confidence knowing your stay is set up for comfort — and focus on actually enjoying your vacation.

Activities & Excursions

Adventure doesn't have to be off-limits.

Water Activities

Being prepared makes water-based adventures more enjoyable. Knowing you can safely get in and out of the water, and asking questions prior. Wearing rash guard and water shoes keeps you comfortable while swimming, snorkeling, or exploring.

Walking Tours

Walking tours can be a wonderful way to explore, but not all tours move at the same pace. Look for options labeled “easy pace” or “accessible” to make sure you enjoy the sights without feeling rushed.

Private Tours

If you prefer to go at your own speed, private tours offer flexibility and personalization. They're perfect for exploring without time pressure and allow you to focus on what interests you most.

Weight Limitations

Many excursions have weight restrictions, such as ziplining, horseback riding, or parasailing. Checking these limits before you book can help you avoid surprises and ensure a smooth experience.

Theme Parks

DisneyWorld is most size inclusive Theme Park

Theme Parks

Theme parks are more enjoyable when you know what to expect. Look for test seats at ride entrances, and don't hesitate to ask about modified seating. Renting a scooter can help with long days of walking, and benches or armless chairs often provide the most comfort when it's time to rest. A little planning goes a long way in making your park visit stress-free and fun.

Dining Out

No Need to Stress

- Dining can sometimes feel stressful, but it doesn't need to.



- Booths can be snug, so don't hesitate to request a table with chairs.
- On cruises or at all-inclusive resorts, you usually have the flexibility to choose seating that works best for you.



Confidence

& Mindset



**You Belong in every space
you travel into!**

Travel is for everyone, and you deserve to take up space without apology. If you need an extender, a bigger chair, or a balcony cabin for comfort, it's not about being difficult — it's about honoring yourself.



Don't Be Shy - Smile!

And don't shy away from the camera. Take the photos. Make the memories. You'll be glad you did, and representation matters more than you know.



Ready to start your next *Adventure?*



You don't need to scroll through a hundred Facebook groups or random blogs — you've already found your plus size travel bestie right here. I share real tips, honest advice, and inspiration made for travelers who want comfort and adventure without the stress.

When you're ready to stop researching and start traveling, send me an email at info@mardeetravel.com. I'll help you plan a trip that fits your needs, your comfort, and your dreams — so all you have to do is pack your bags and go!



Thank You!

I'm so glad you grabbed this Plus Size Travel Guide — it was created to help travelers like you feel confident, comfortable, and excited to explore the world.

If you loved these tips, stick around — I share even more advice, destination inspiration, and insider travel hacks in my newsletter and on social @mardeetravel

And when you're ready to stop researching and start packing, I'd love to plan your next trip with you. Send me an email at info@mardeetravel.com and let's create your perfect getaway — stress-free, comfortable, and full of joy.

Happy travels,
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