

Trimester-by-Trimester Travel Guide

Think about the implications of traveling at different times in your pregnancy when planning a trip.

1st trimester (weeks 1–12)

- Period of highest risk for miscarriage and development problems in the baby. Be extra careful to avoid extremes of temperature and overly vigorous activities.
- Motion sickness could make morning sickness worse.
- Flying is allowed, provided you have no pregnancy complications.
- Insurance is unlikely to be a problem.

2nd trimester (weeks 13–25)

- You are likely to be feeling your best, and the chances of miscarriage or fetal development problems are greatly reduced.
- Flying is allowed, but check to see whether you need to carry a doctor's letter stating your due date.
- Check with individual travel insurance companies to see if you can get coverage—policies vary.

3rd trimester (weeks 26–40)

- Your belly is huge and travel may be very uncomfortable now.
- Some airlines may not allow you to fly after 36 weeks without a letter from your doctor written within 72 hours of your flight that includes your due date and confirms your fitness to fly.