

Tips for Making Eczema Expo More Affordable

Eczema
Expo25

The National Eczema Association (NEA) does everything possible to make Eczema Expo affordable for everyone in our community, from moving the location around the country to make travel more equitable, to negotiating low hotel room rates and providing at least one complimentary meal each day.

We asked our Expo veterans for their best advice to help make travel, hotel and other costs even more affordable. Below are tips based on their experiences.

1. Run a fundraiser or ask for donations

Tell the people you love about how much a trip to Expo will mean to you. You may find that they will be happy to do what they can to help you get there. Here are a few ways you can tackle this:

- **Set up an online fundraiser for Expo.** Expo attendees are invited to sign up for Expo Fundraising to earn Expo-related benefits by fundraising to support the NEA's mission. When you raise \$500 in your Expo fundraiser, you'll receive a one night stay at the Expo host hotel. When you raise \$1,000 you'll receive two nights and when you raise \$1,500 you'll receive a total of 3 nights. You might select this form of fundraising if you feel more comfortable raising funds for an organization rather than for yourself. [Learn more here.](#)
- **Set up a peer-to-peer fundraiser.** Run an online fundraiser on GoFundMe, Facebook or another platform. You can set it up and ask for donations to help you attend Expo.
- **Hold an event or sale in your community.** Are you a baker or crafter? Sell your creations to raise money for your trip. Consider asking friends and family to add their creations to the sale and help get the word out to maximize your fundraising. Another option is to hold a yard sale and sell some of your gently used items.
- **Ask your network to donate airline miles, credit card points or World of Hyatt points.** Friends, family and other contacts might be willing to help with this type of donation, especially if their points are going to expire before they can use them. It never hurts to ask!

2. Be flexible about air travel

Being creative and flexible with your air travel plans can be the difference between attending Expo or missing a transformative four days with your eczema fam! Here are some ways to lower your costs:

- **Take a red eye.** Overnight flights can save you money and you won't have to pay for accommodations on the night you travel.
- **Fly a budget airline.** Frontier, Spirit, Southwest, JetBlue and other value or regional airlines can save you big money.
- **Mix and match.** Be on the lookout for the lowest fares. Also be open to taking one airline to the event and a different airline back home if it means lower fares.
- **Price flights using an aggregator.** Kayak, Priceline and similar sites can help you find the most affordable days, times, routes and airports.
- **Try a new airport.** Driving an extra hour to a different airport can save you hundreds of dollars!
- **Track flight prices.** Use the Hopper app, Google travel alerts and similar tools to find better prices and optimal times to purchase.
- **Pack light!** Limit your luggage to one carry-on bag and one personal item to avoid baggage fees.
- **Pack a medical bag.** Many airlines don't count medical devices and supplies toward your carry-on allowance. If bags aren't needed during the flight, they may be checked free of charge. The "medical bag" should contain mostly or only medical supplies, which can include prescription and over-the-counter medications, lotions, wet wraps and

other treatment supplies; unscented soaps and toiletries; and allergen-free foods. Other items like weighted blankets and special clothing might require explanation but can also be covered. Check with individual airlines for specific policies.

- **Look for ticket discounts.** If you're a student, senior citizen, active-duty military or work for the government, you may be able to find a ticket discount. You might also find cost-cutting tools through your employer, AAA, AARP, Sam's Club Costco and other memberships.
- **Find the cheaper travel days.** Check if adding a night to either (or both) sides of your flight dates offers better airfare. Most airlines or flight aggregators will show you the best travel days based on price. This can help if you're traveling with a family where airfare differences can really add up.
- **Pack snacks for the flight.** You'll save money by not having to purchase expensive or potentially allergenic airport food.

3. Consider traveling by car or train

Expo is worth a long car drive, bus ride and other creative approaches to travel!

- **Load up the family car and hit the open road!** If you're traveling with your family, particularly if you have a second adult with whom to split the driving, taking a car ride to Expo can save you hundreds of dollars — or more! The only costs you'll need to cover are gas and parking.
- **Consider bus or train travel.** If you're traveling from California, the Rocky Mountain states, Texas or the midwest, train or bus travel can be a good choice.

4. Make it a smaller family affair

- **Bring the key players only.** As much as we love being surrounded by our family, sometimes the secret to affording Expo is leaving some of the squad back home. While Expo is a family affair, including Expo Camps for all ages, don't lose sight of the ultimate goal: to get people with eczema and their main caregiver to the event to learn, connect and get support.

5. Travel as a single

- **Go solo.** If you're unsure about traveling to Expo solo, we're here to reassure you that Expo is the perfect place to find your eczema family, offering many opportunities to meet and spend time with new friends.

6. Split the room costs

- **Invite a friend.** Have a friend, adult family member with eczema or know someone who'd like to join you for a few days at Expo? See if your loved ones want to take the trip with you to help share room costs and other expenses.
- **Share costs with other attendees.** Visit the [Expo Connector Facebook group](#) to find fellow attendees that are open to sharing costs, from carpools to room shares.

7. Use public transit or rideshares once you get to hotel

- **Skip the rental car.** You probably won't need to rent a car. All of Expo takes place at the hotel, and we will keep you pretty busy the whole time!
- **Explore on foot or public transit.** You can explore the hotel grounds and nearby neighborhood on foot or using nearby public transportation. There are a number of restaurants within walking distance. Do research in advance of your trip to find allergy- and budget-friendly options.
- **Use the hotel shuttle.** The Grand Hyatt Scottsdale provides complimentary shuttle service within 5 miles of the hotel.

8. Apply for an Expo scholarship

NEA will award a limited number of need-based Expo scholarships to reimburse costs of registration, hotel and/or travel. Expo scholarships are funded by the Tower 28 Beauty Scholarship Fund.

Visit our [website](#) to learn more about Expo scholarships and read the Important Information About Expo Scholarships document before applying.