

About



My name is Pam, and I was diagnosed with MS in 2003. I earned the nickname “Nomad Woman” when I was in my 20’s as I never stayed in one place for very long.

In 1993 I traveled to New Zealand. I gave up my apartment, sold most of my stuff, packed up a backpack, and bought a one-way ticket. It was a great trip, and I met Darren, my husband, who was there in NZ cycling around the country.

I retired in 2012 and it is time to travel again. MS Nomad will be a place for me to capture the details of traveling well, in spite of, or maybe even because of having Multiple Sclerosis.