

Full time wheelchair user here. You're going to hurt your shoulders and arms at first, especially with a heavy cheap chair. Lots of practice in short bursts, and practicing with someone to help on uneven ground will help you.

Think about how you want to carry things - handbags are a little more difficult if you're pushing yourself around. I have a pannier and a bag attached underneath my chair for storage, and I'm very good at holding things between my knees.

Get gloves, or get callouses. Even pushing for a short period can cause blisters if you don't have any callouses. You can push through it and build them up or you can get gloves with extra padding and grip. Also, be aware that you'll probably break your nails fairly regularly, especially if you have push on brakes.

Speaking of breaking nails, you should keep plasters with you, especially if you're not using gloves. They're great for covering blisters, and you're going to knock your hands against a lot of things while you're learning to move around in the chair (doorways are especially good at skinning knuckles).

You should be aware that your clothes will likely get some dirt on them from the wheels, and your hands definitely will. Baby wipes are a lifesaver, and I always keep some in the bag on my chair.

Be careful when going over rough ground, shifting your weight back slightly if you can't do a wheelie will help. At least until you get the hang of it, you'll probably want someone there for curbs, just in case.

Lastly, if you fall it's not the end of the world. People walking trip and fall all the time - we do too. Make sure to have anti tips on if you don't think you can catch yourself, but otherwise just pull yourself back in and move on. You didn't learn to walk without ever falling, you likely will have at least one misjudgement in your chair. If you can get back in the chair and carry on, you'll be a lot more confident the next time.

Feel free to ask anything else, I think the points about actually choosing a chair are covered in the other comments.