
PRE-TRAVEL CHECKLIST-OXYGEN THERAPY

THIS PRE-TRAVEL CHECKLIST TAKES SOME OF THE GUESSWORK OUT OF TRAVEL PLANNING AND HELPS ENSURE THE SAFEST TRIP POSSIBLE. JUST MAKE SURE TO CHECK OFF EACH ITEM ON THE LIST.

1. GENERAL CONSIDERATIONS

- Discuss your travel plans with your doctor and get a letter approving your travel. It should include:
 - A brief summary of your present condition
 - A list of all medicines you currently take (how much and how often), including oxygen
- Get a copy of the prescription for your oxygen, which should include flow rate.
- Review your health insurance policy to see if it offers out-of-state coverage. If you need a temporary policy, get one.
- Fill any prescriptions you need to take with you, including antibiotics. Make sure you have enough for your whole trip
- Find a travel companion, if you can.
- Think about buying travel insurance.

2. KEEP TRAVEL DOCUMENTS TOGETHER. THESE MIGHT INCLUDE:

- Plane tickets
- Printed boarding passes
- ID (Driver's license or passport)
- Medical information
- Emergency cash
- Credit cards and traveler's checks
- Insurance cards
- Add important contact information
 - A medical facility and a doctor who can care for you at your destination
 - Your regular pharmacy and a pharmacy at your final destination
 - An emergency contact at home and at your final destination

3. FOR AIR TRAVEL WITH OXYGEN

- Check with your airline regarding oxygen availability prior to booking your flight.
- If the airline is supplying the supplemental oxygen*** (not usual):
 - Confirm that oxygen has been arranged to be on board for each segment of air travel

- If you require oxygen full-time, you will need to arrange with your oxygen provider for provisional oxygen for use while on the ground. This includes oxygen for transportation to connecting flights, in the event of a layover or delay, and from transport to baggage claim, ground transportation, and to your final destination. **THE AIRLINE DOES NOT PROVIDE OXYGEN IN THE AIRPORT — ONLY ON THE PLANE.**

If using a Portable Oxygen Concentrator (POC)

- Confirm that the airline allows use onboard, prior to making your reservation.
- Confirm what the airline's requirement is for spare battery power.
- Obtain a copy of the form the physician must sign to allow POC use on the aircraft (each airline has their own form)
- Confirm with your doctor if the POC may also be used for supplying oxygen while sleeping, if applicable

4. OTHER CONSIDERATIONS

- Choose direct non-stop flights if possible
- Make arrangements for a wheelchair or motorized cart if needed, at the time of booking.
- Confirm your travel itinerary with your airline verbally and in writing.
 - Confirm one week in advance and confirm 48 hours prior to travel.
 - Confirm your request for a wheelchair or motorized cart if applicable
- Confirm with your oxygen provider one week in advance of your travel that oxygen will be available for you at the airport and at your final destination.
 - You may need to sign for delivery to be sure that the prior arrangements have been made.
 - Reconfirm 48 hours prior to travel/arrival.
- Provide your oxygen supplier the name of the location you will be staying at your destination.
 - If at a hotel, provide your hotel's name, address, fax and phone number, along with the name of the hotel contact person (manager or concierge) for oxygen delivery to be arranged.
 - Confirm one week in advance and confirm 48 hours prior to travel.
- Determine with the manager/concierge where oxygen canisters/concentrators will be stored until your arrival.
- Keep the phone number and name for the contact person at your routine home oxygen provider handy.
- Keep the phone number and name of the contact person with your provisional oxygen supplier(s) while traveling and/or the oxygen provider at your final destination readily available.
- Bring your conserving device and nebulizer (if applicable), along with extra respiratory care supplies, such as cannulas, tubing, T-connectors, tank wrenches and electrical adapters (country specific). Keep them as accessible in carry-on luggage as possible.