

## Travel and Oxygen Therapy Checklist

Whether you're going on a longer vacation or just a weekend trip, it may be helpful to review the following considerations before traveling.

### General Considerations

- Discuss your travel plans with your physician and obtain a letter approving your travel that includes: a summary of your present condition, and a listing of all current medications with dosing schedule, including oxygen
- Obtain a written prescription for your oxygen, including flow rate
- Review your health insurance policy to determine if coverage is offered out of state. Discuss a temporary policy with the insurance agent if necessary
- Obtain the name and phone number of a physician able to care for you at your destination, along with the name and phone number of a medical facility in the area
- Have all routine medication prescriptions refilled to assure adequate amounts are on hand during your travel. Keep medications accessible in carry-on luggage
  - Obtain a filled prescription for antibiotics should you need them while traveling
  - Have the name and phone number of your regular pharmacy available (usually can be found on prescription bottles). Identify a local pharmacy at your destination if further refills are needed
- Designate a family contact and/or emergency contact at home and at your destination
- Keep travel documents readily accessible: plane tickets, boarding passes, passport, ID, medical information, emergency cash, credit cards, traveler's checks, and medical insurance cards
- Identify a travel companion if feasible
- Consider purchasing flight cancellation or trip interruption insurance

### Oxygen Considerations

- Check with your airline regarding oxygen availability prior to booking your flight. Choose direct, nonstop flights, if possible, and make arrangements for a wheelchair or motorized cart, if needed, at the time of booking. This may assure easy transport through the airport from check-in to the gate, and from the gate to baggage claim and ground transportation
- Confirm your travel itinerary with your airline verbally and in writing. Also confirm that oxygen has been arranged to be on board for each segment of air travel. Confirm one week in advance and 48 hours prior to travel. Confirm your request for a wheelchair or motorized cart, if needed
- 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**

- 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 destination. You may need to sign for delivery to be sure that the prior arrangements have been made, and you should reconfirm 48 hours prior to travel/arrival
- Provide your oxygen company with your hotel name, address, fax, and phone number, along with the name of the hotel contact person (manager or concierge) for oxygen delivery to be arranged
  - Have the hotel reservation confirmation number available
  - Hotel designee can sign for oxygen delivery:
    - > YES
    - > NO – If NO, arrange to sign a delivery ticket and fax it to the hotel prior to the oxygen delivery and your arrival
  - Determine with the manager/concierge where oxygen canisters/concentrators will be stored until your arrival
  - Keep the phone number and name of the contact person at your routine home oxygen provider handy
  - Keep the phone number and name of the contact person with your provisional oxygen provider(s) while traveling and/or the oxygen provider at your 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