

Checklist for travel

	Plane	Car, bus, or train
Before planning your trip	<p>Talk to your doctor about your travel plans and any concerns you may have regarding...</p> <ul style="list-style-type: none"> • Climate • Air quality • Terrain • Altitudes • Mode of transportation 	
	<p>If you are not currently on oxygen therapy, your doctor will need to determine whether you are a candidate for in-flight oxygen.</p>	
Before booking your journey	<p>Check with your insurance provider about your coverage while travelling – additional traveller’s insurance may be beneficial or necessary.</p>	
	<p>If you need in-flight oxygen, check the airline’s oxygen policy and “fit-to-fly” requirements.</p> <ul style="list-style-type: none"> • Is in-flight oxygen supplied, or are you required/allowed to bring your own portable oxygen supply? • What type of oxygen delivery system does the airline offer on board? • What are the available flow rate settings? • Mask or nasal cannula? • What are the costs? • Information regarding battery supply/in-flight electrical supply. • What are the policies regarding use of oxygen during take-off and landing? <p>Complete and submit the airline’s passenger medical clearance form (MEDA).</p> <ul style="list-style-type: none"> • One portion will be completed by you, the other must be completed by your doctor. • Only after the airline reviews the completed form and determines you are eligible to fly, the ticket reservation will be finalized. <p>Contact the airport(s) you will be using to arrange for assistance to/from the gate.</p>	
Before enjoying your getaway	<p>Make sure you have an adequate supply of all prescription medicines as well as new prescriptions for refills.</p> <ul style="list-style-type: none"> • Please note that not all medication is available in all countries around the world. Check this before you travel. 	
	<p>Contact the airline to confirm all necessary precautions and special arrangements will be made on your flight.</p> <p>Contact the airport to confirm the status of your planned assistance.</p>	

