



Discuss your travel plans with your doctor

- Receive travel clearance Obtain a letter from your doctor outlining all of your medications



Receive copies of your prescriptions

- You may need to present your prescriptions on your travels, ensure you carry a copy to present.



Take Medical Provider Contact Information

- Doctor: _____ Phone: _____
- Respiratory Therapist: _____ Phone: _____
- Oxygen Supplier: _____ Phone: _____
- Home Healthcare Representative: _____ Phone: _____



Pack your medication

- Make sure to bring enough medication for the length of your trip, with a couple of extra just in case.



Obtain and wear medical identification

- A necklace, bracelet or document on your person will help immeasurably in an emergency.



Notify your healthcare company

- Informing your healthcare company ensures they can provide medical supplies if needed.



Get comfortable with your Portable Oxygen Concentrator

- Spend time with the manual, make sure the device works before you begin your trip.



Contact Your Travel Providers

- Call the companies you'll be travelling with: air, train, bus or boat. Make sure there are no special requirements for your medical equipment.

Other Notes: