

Checklist for air travel

Before planning your trip...

- Talk to your doctor about your travel plans and any concerns you may have.
- If you are not currently on oxygen therapy, your doctor will need to determine whether you are a candidate for in-flight oxygen.

Before booking your airline tickets...

If you need in-flight oxygen, check the airline's oxygen policy and "fit-to-fly" requirements.

- Does the airline supply in-flight oxygen, or are you required/allowed to bring your own portable oxygen supply?
- What type of oxygen delivery system does the airline offer on board?
- 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?

- Complete and submit the airline's MEDIF* form.
 - 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 finalised.
- Contact the airport(s) you will be using to arrange for assistance to/from the gate.
- Check with your insurance provider about your coverage while travelling – additional traveller's insurance may be beneficial or necessary.

*MEDIF, Medical Information Form

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Before enjoying your getaway...

- Make sure you have an adequate supply of all prescription medicines as well as new prescriptions for refills. Please note that you need to check the local regulations since not every medication is available in every country.
- Contact the airline to confirm all necessary precautions and special arrangements will be made on your flight.
- Contact the airport to confirm the status of your planned assistance.