

# Checklist for plane 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.<sup>1</sup>

- 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, will the ticket reservation 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

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### Before enjoying your get-away...

- 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 situation, as not every medication is available in every country.
- Contact the airline to confirm all necessary precautions and special requirements to be arranged on your flight.
- Contact the airport to confirm the status of your planned assistance.

1. UK Civil Aviation Authority. Assessing fitness to fly: Guidance for health professionals. Available at: <https://www.caa.co.uk/Passengers/Before-you-fly/Am-I-fit-to-fly/Guidance-for-health-professionals/Assessing-fitness-to-fly/> [Accessed July 2020].