Cystic Fibrosis Care: Travel Tips

What should I consider when choosing a location for travel?

- Ideally, choose a destination that has access to medical care and is "CF-Friendly."
- It is recommended to have running water and electricity, but if those are not available, we encourage lots of preparing and planning.
- Find the closest CF Center to your destination and have their contact information and directions with you as you travel. Sometimes your CF center can help you find this information.
- Be sure you know where the closest pharmacy is located. Try to find the same pharmacy you use at home, since insurance and prescription information can be easily transferred.
- Check with your health insurance to see what kind of medical and prescription coverage you have at your destination.
- If traveling for a long period (months) overseas where U.S. pharmacies are not present, call your insurance for a "quantity override" to get multiple months of medication dispensed at once.

Are there things to consider when flying or making hotel reservations?

- Always carry-on any and all medication and equipment that you do not want damaged or lost (nebulizer, inhalers, the vest compressor, etc).
- You can contact TSA Cares 72 hours before your flight to ask questions about screening policies, procedures and what to expect at the security check-point at (855) 787-2227.

- Check with your airline carrier for their policies on travelers with medical needs, including what proof of diagnosis or letter from your doctor is needed.
- Ask your care team to give you a travel letter, which explains your extra carry-on needs and diagnosis.
- Ensure accommodations are air conditioned or heated (depending on your needs) and non-smoking.
- Ensure refrigeration is available. If not, plan accordingly.
- If traveling to another country, get voltage and frequency of electricity and the type of plug adapters or voltage converters needed. This avoids damaging your equipment.
- Give yourself extra time to get through security.
- Notify the security screener that you or your child(ren) have a medical condition and are carrying supplies with you.
- Be aware of bathroom access during all travel destinations.

How do I manage all the medication and equipment needs during travel?

There are lots of tips and tricks for safely getting to your destination with all your medications.

In general:

- Bring medications with you in case of exacerbation. Your CF doctor might write a prescription for you to take with you just in case, but you can also call your doctor from your destination if needed.
- Bring a complete list of your medications.
- Consider purchasing a travel nebulizer, like the Pari TrekS, which is compatible with Pari Nebulizer Cups and is rechargeable. Is also has a built-in voltage converter. Check manufacturer information.

- Consider using non-Vest forms of airway clearance like manual P&PD, huff cough with acapella or aerobika, active cycle breathing, or autogenic drainage. Ask for CF Doctor or Physical Therapist for more information about these techniques.

For flying:

- Check with your airline or other mode of transportation for policies on equipment storage.
    - Smaller planes do not have overhead bins large enough for Vest compressors, but they will stow it if you ask.
- Bring medications in pharmacy labeled bottles and containers. This is required by the Federal Aviation Administration (FAA).
- Put all medications in Zip-lock bags. Liquid limits on planes **do not** apply to medications and medication supplies.
- If you do store some medications in checked baggage, bring enough medications to cover you in case of lost or damaged luggage.
- If you have refrigeration needs:
    - Pack ice packs or quick freeze bags in an insulated cooler with medications
    - Consider buying a portable 12-volt refrigerator that you can carry on a plane. It can be charged between flights or plugged into a car.
- Contact your Vest or Nebulizer compressor company for information on converters and voltage adapters if you are traveling to another country. They sometimes have international versions and can help review options.

What other things should I consider when traveling?

- Make sure your child is healthy enough to travel.
- Considering carrying a back-up of some medications (ex. Enzymes).
- Put together a simple summary of your CF care outlining your:
    - Status

  - Usual antibiotic combinations for exacerbations
  - Medication summary
  - Anything else that a doctor may need to provide treatment should you become ill
  - Your CF doctor can help with this
- Bring your CF clinic's contact information, including names and telephone numbers. Bring copies and leave an original with your belongings.
- Pack plenty of snacks.
- If going to a hot climate, take electrolyte supplements such as rehydration packets or salt tablets with plenty of water.
- Amusement parks and tourist sites often have "short-line" entrances or offer free or reduced rate entrance passes to people (especially kids) with certain medical conditions.
- Bring extra outfits in case of accidents.
- Bring sanitizing wipes for quick wipe downs of needed areas (seats/tables/med set-up location).
- Bring hand sanitizer and extra masks.
- Once at your destination set your medications back up by days for quick and easy access. Bring sandwich baggies for storage.
- If there is a chance your group may separate, ensure that your child with CF has medication and inhalers or bring multiples, if able, to provide to a couple of people who can have them available.
- Make a list of all the things you need to bring and save for reuse every time you travel – make it specific to your child (including medications but also lovies, favorite travel toys).
- If you have more than one child with CF label or use different color bags for easy access and time saving.

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