

The Canadian Lung Association's

Travel Tips

when you're living with lung disease

A medical emergency can ruin your entire holiday. If only you could leave your lung disease at home when you travel! If you or a travel companion is living with lung disease, here are some useful tips to help you make the most of your vacation.

When you're choosing where to go

Make it a lung-friendly destination.

You want to have fun, but it's important to be realistic about how your lung health may limit your ability.

Consider the terrain.

Don't push yourself too much. If you have trouble walking up hills at home, a holiday in hilly terrain might not be suitable.

Consider the altitude.

High altitudes might make it harder for you to breathe, so you may need additional oxygen.



www.lung.ca

Questions about your lung health?
Call our Lung Health Helpline
1-866-717-2673
Toll-free from anywhere in Canada

Consider the climate.

Very hot or very cold climates may affect your breathing and cause you to cough or have other symptoms.

Consider the schedule.

Organized tours take the stress out of planning, but these tours may fit a lot of activities into a small number of days, which may be tiring.

Consider the travel time.

Consider how long it will take you to reach your destination and the number of connections you need to make.

Consider accessibility.

Choose a destination that has good transportation links, ready access to medical care and that wherever you're staying, it's close to amenities.



When you're getting ready for your trip



Get organized early.

Make a checklist of everything you need. Let time be on your side for coordinating things like paperwork, vaccinations and insurance.

Get medical advice.

Schedule an appointment with your provider well in advance, as they may be going on vacation themselves or otherwise unavailable. When you see them, talk to them about any anxiety you're having due to your upcoming travel.

When you're Packing for your trip



Pack light.

Remember that you or your travel companion may have to carry whatever you bring with you, so don't take too much.

Be prepared.

Keep any medication and equipment in your carry-on luggage, which must fit under the seat or in an overhead compartment. Make sure to have your action plan and emergency numbers with you.

Be ready for anxiety.

Consider packing headphones for music or relaxation therapy, a book, comfort items. Remember any prescriptions and that breathwork can help!

Don't run out of power.

If you rely on a portable oxygen concentrator, remember to pack extra batteries. You should have enough battery life for 1.5 to 2 times the length of your travel.

When you're on the road

Set the pace based on your ability.

Give yourself enough time between flights and during excursions.

Pack your pride.

Take advantage of accessibility services like porters, early boarding or aisle seating.

Don't go overboard.

When it comes to excursions, remember: you don't have to do it all!

Travelling with oxygen?

Plan ahead of time

It's important that you plan ahead if you're travelling with oxygen.

At least four weeks before travelling, make sure you have these items together:

- A medical release from your provider stating that it is safe for you to travel.
- Your oxygen prescription that lists your flow rate and amount of oxygen you use.

Flying with oxygen

Notify the airline about your oxygen usage and needs. There may be an extra charge if they are supplying you with supplemental oxygen. Know the make and model of your portable concentrator, the types of batteries you need and how to manage the alarms. If you need to bring extra tanks, ask the airline about their rules for packing tanks. Ask what to do if there is a layover, as you may need to arrange a supplier to come to the airport.

Cruising with oxygen

Notify the cruise line about your oxygen usage and needs. You can usually take your own concentrator and tanks, though you will have to arrange for your oxygen to be delivered to the ship before departing. Make sure that you have enough oxygen for the entire cruise including ship time and shore time.

Taking a train or bus with oxygen

Notify the bus or train line that you will be travelling with oxygen. Some may have weight limits, but you can take your own tanks and concentrators. To refill tanks, make arrangements in the cities where your transportation stops. Always make sure to have back-up batteries and to be seated in a non-smoking car.

