

## travel tips

### Asthma

Whether for work or pleasure, traveling with asthma may require extra planning. Below are a few suggestions and ideas for creating a smoother traveling experience.

#### Create a Plan:

- Start planning in advance – save energy and don't try to plan a trip at the last minute.
- Create a routine for traveling – map out a daily itinerary and be sure to schedule in rest time.
- Research the location of the closest pharmacy and hospital at your destination.
- Contact the airlines for information about wheelchair services – using a wheelchair or scooter can reduce fatigue when navigating an airport.
- Confirm reservation of assistive devices 1-2 days prior to traveling.
- Start packing in advance – use the “Travel Checklist” (included) as a starting point to help make packing easier.
- Make a copy of important travel information: hotel confirmation, transportation information and your itinerary – Keep a copy in your carry-on luggage. Send a digital copy to a trusted friend or family member in case of an emergency.
- Check the pollution and pollen levels of your destination. Doing so may help you to adequately plan trip activities.

#### Accommodations:

- Always request a smoke-free room.
- Ask if hotels have “allergy-friendly” rooms or supplies (pillows, blankets, etc.) available.
- If staying with friends or family members, let them know about your allergy triggers, they may be willing to dust and vacuum more carefully due to the situation.
- If pet dander is an asthma trigger, it may not be wise to stay with friends or family members with pets.
- Consider traveling with a hypoallergenic pillow and/or blanket.

#### Medical:

- Keep all medications in original containers with labeling.
- Carry a signed medical letter from your doctor. Include a list of what medications you are currently prescribed.
- Pack medications and equipment, such as spacers and peak flow meters, in carry-on luggage in the event checked luggage becomes lost.
- If a nebulizer is needed, portable options are available. If traveling by car, many portable nebulizers plug into a vehicle's 12V power outlet.
- Carry your doctor's phone number in case of emergency.
- Make copies of important medical documents: medication list, emergency contacts, doctors' contact information. Keep a copy in your carry-on luggage. Send a digital copy to a trusted friend or family member in case of emergency.

#### Traveling by Car:

- If pollen counts or air pollution levels are high, close the car windows and run the air conditioning to avoid these asthma triggers.
- If dust or mold trigger asthma symptoms, consider running the air conditioning or heat with the windows open for about 10 minutes before getting into a rental car.

#### Traveling by Plane:

- Keep both fast-acting and maintenance medications handy in your carry on luggage.
- The air on planes can be very dry. Drink plenty of water to stay hydrated. Dry air can aggravate asthma symptoms.

#### Dietary:

- Request special meals, if applicable.
- Pack a reusable water bottle.
- Pack snacks to keep energy levels high.

# travel checklist

## Asthma

### Travel Documents

- Passport
- Travel Visa
- Driver's License
- Boarding Pass
- Transportation Information
- Hotel Information
- [TSA Notification Card](#)

### Medical

- Insurance Cards (make sure to include both your medical and prescription insurance cards)
- Preferred Pharmacy's Phone #
- List of Medications
- Signed Note from Doctor
- Emergency Contacts
- Medications in Original Packaging with Pharmacy Labels
- List of Local Pharmacies and Hospitals in the Area You're Visiting
- Inhaler
- Spacers, if applicable
- Peak Flow Meter, if applicable
- Nebulizer & Supplies, if applicable

### Food

- Reusable Water Bottle
- Healthy Snacks
- Chewing Gum

### Electronic Items

- Cell Phone
- Laptop or iPad/Tablet
- Phone Charger
- Computer Charger
- Headphones

### Clothes

- Appropriate Pants
- Appropriate Tops
- Jacket
- Underwear
- Pajamas
- Comfortable Walking Shoes
- Water Shoes
- Sun Hat or Baseball Cap
- Socks

### Toiletries

- Toothbrush
- Toothpaste
- Floss
- Shampoo & Conditioner
- Body Wash
- Lotion
- Shave Cream
- Razor
- Contact Solution (if applicable)
- Extra Contacts
- Eye Glasses

### Other

- Hypoallergenic Travel Pillow
- Hypoallergenic Travel Blanket
- Comfortable Carry-On Bag
- Book or Magazine

## Important Travel Resources

### Websites

#### [2018 Amended Americans with Disabilities Act](#)

Provides information on non-discrimination polices

#### [TSA Travel Information](#)

Provides a detailed section regarding traveling with various health conditions

#### [CDC: Traveler's Health](#)

Travel and health info, recommendations for traveling to different countries, and other health-related travel information

#### [Scootaround](#)

North American scooter and wheelchair rental company

#### [Special Needs Group/Special Needs at Sea](#)

Offers a variety of equipment rental options for cruises, hotels and air travel

### Apps

#### [Travelwell](#)

International travel app

#### [CDC Yellowbook 2018](#)

Provides medical advice and travel tips, maps and ability to take notes