

## Tips for Traveling with CPAP

Many people are able to travel with their CPAP devices. Below are tips to make it easier:

- Ensure water is emptied from CPAP device before transporting.
- Bottled water (not carbonated or mineral) can be used during travel if distilled water is not available.
- For air travel, CPAP machines can be checked with luggage or carried on. Carrying on is safer because baggage handlers can be rough on checked luggage and luggage could be lost. A hard suitcase with bubble wrap has been used with some success if checking machine is necessary.
- The CPAP machine is not considered an added carry-on device. It is a medical device and does not count toward carry-on baggage limits.
- TSA will inspect your machine during the security screening. You will have to remove your CPAP machine from the carrying case for this inspection. You may place the machine in a clear plastic bag for the x-ray scanning if preferred for sanitary reasons.



- If you are going to use your CPAP device on the plane, check to make sure there is an electrical outlet available and that you have the correct adapter.
- Keep the name and phone number of your medical equipment supplier on your CPAP device.
- It is a good idea to have a copy of your prescription for the device and a copy of your sleep study with you while traveling in case the machine is lost or broken.
- An extension cord is helpful as many hotels or cruise ships may not have electrical outlets within reach.
- Supplies available from medical equipment supplier
- CPAP mask wipes are helpful for cleaning equipment while traveling and can purchased from your medical equipment supplier.
- For travel to areas that don't have electricity, there are numerous battery options available. Speak to your medical equipment supplier about your options.
- For international travel there are adapters available for power compatibility. Speak to your medical equipment supplier to discuss your options.