

## TRAVELING WITH OXYGEN

### GENERAL TIPS

1. Decide when, where and how to travel - The Greater Go can help you with this!
2. Contact doctor to make sure travel is safe.
3. Keep oxygen prescription on person at all times.
4. Use pulse dose on Portable Oxygen Concentrators (POC), if doctor allows this versus continuous flow -- it conserves battery life.
5. Charge batteries whenever possible (ie. waiting on flight, dining on cruise ship).
6. Keep an oximeter on person at all times; change in altitude, increased activity etc. can affect oxygen levels.

### TRAVEL BY AIR

1. Portable Oxygen Concentrators (POC) are required to board an airplane and must have label indicating they are approved by the FAA ([FAA Approved Portable Oxygen Concentrators](#)).
2. FAA guidelines require 150% of battery life (i.e. flight is 4 hours; battery life should be for 6 hours).
3. Airlines require an oxygen prescription and written statement from doctor.
4. Notify airline of travel with POC when booking flight.
5. Direct flights are recommended as they will not decrease the battery life as much of POC.
6. Confirm with airlines 48 hours before flight of travel with POC.
7. Carry at least two batteries.
8. Board flight first -- allows for storage of POC without working around other people.

### TRAVEL BY SEA

1. Contact individual cruise line regarding traveling with oxygen as soon as possible. Each has their own policies.
2. Cruise lines do not provide oxygen to passengers -- plan ahead as some cruise lines do not allow for liquid oxygen to be stored on the ship. There are resources for having oxygen delivered to your cruise line stateroom -- Contact The Greater Go for more information about this.
3. Confirm that AC and DC charging requirements for POC are available on cruise ship -- also suggested to bring extra batteries.
4. Cruise line will need the following documentation:
  - a letter from your physician
  - some medical history
  - a current oxygen prescription
5. Arrive early at port as security may need to inspect POC.
6. Recommended to bring a companion, who is familiar with passenger's medical needs and use of POC, as passengers are responsible for their use of oxygen before, during and after cruise.

### SOURCES

- <https://www.inogen.com/blog/cruising-with-oxygen/>  
<https://www.1stclassmed.com/beginners-guide-traveling-oxygen>  
<https://www.oxygenconcentratorstore.com/reference-material/travel-tips/>