

Pre-travel checklist for COPD patients travelling with oxygen

- ☐ **Contact your insurance provider** 
Ask about international coverage for oxygen use; what documents or forms are needed.
- ☐ **Talk to your doctor/pulmonologist** 
Get oxygen prescription, medical letter (diagnosis, resting and active oxygen needs), and any tests required (for example altitude simulation).
- ☐ **Inform the airline (and other service providers)** 
Find out their policy on portable oxygen concentrators (POCs), battery requirements, medical forms, and any fees.
- ☐ **Find an oxygen provider in the destination country** 
Ensure oxygen can be delivered there; discuss the exact equipment needed.
- ☐ **Arrange required paperwork** 
Doctor's letter, prescriptions, any airline forms, insurance forms.
- ☐ **Pack supplies and backups** 
Bring enough oxygen, equipment, and extra batteries for the full trip + delays. Keep medication in carry-on.
- ☐ **Check hotel/accommodation preparations** 
Inform them of your oxygen arrival and ensure they can receive/hold the equipment.
- ☐ **Gather all contact information** 
Contacts for your insurer, oxygen supplier at destination, airline's medical desk, emergency numbers.
- ☐ **Review policies and safety** 
Airline's rules, customs, electricity/plugs, and altitude effects. Check what to do in case of symptom flare-ups.
- ☐ **Use the EFA resource pack** 
The checklist, templates, FAQ, and further info via [EFA website](#).