



ResMed

On the road with PAP



Your guide to travelling with your therapy.



Summary

1. Take your PAP machine wherever you go	5
2. Flying with your CPAP	6
3. Other modes of transport	9
3.1 Trains	10
3.2 Caravan/motor home	10
3.3 Buses/coaches	11
3.4 Cruise ships	11
3.5 Boats and yachts	11
4. Where will you be staying?	12
4.1 Outdoors	12
4.2 Indoors	13
4.3 High altitude	13
5. Unsure about travelling with CPAP?	14
5.1 Health and travel	14
5.2 Hygiene	15
6. Travel checklist	17
6.1 Take a note of useful information	17
6.2 Take suitable spares	17
6.3 Check you'll have power	19
7. Travel FAQs	20

A white ResMed PAP machine is shown on a dark surface, likely a table. Next to it is a smartphone displaying a screen with a circular graphic. In the background, a laptop is partially visible. The machine has the ResMed logo and a power button.

Take your PAP machine wherever you go

You deserve to make the most of your holidays or business trips, which is why you should stay on your PAP therapy even when you're away from home. After all, sleep apnoea doesn't take vacation!

Most ResMed PAP devices can be used all over the world, in the great outdoors and even in the air. They're also designed to be lightweight and portable.

If you're a frequent traveller, you might want to invest in a portable, pocket-sized PAP device, which is designed with travel and convenience in mind. You'll also find plenty of other products and accessories that are designed to make life easier when you're on the move.

We'll now look at how you can use your PAP machine wherever you go and however you get there.



Did you know?

Most ResMed PAP devices can be used all over the world.

Flying with your CPAP

You might want to use your PAP device on a plane, particularly if you're taking a long-haul flight. And there's no reason why you can't!

Here's what to do:



Contact the airline at least two weeks in advance

Contact the airline to ask for permission to use your CPAP medical equipment during the flight. If you receive permission in writing, remember to take the letter or email with you when you fly. For domestic flights, your device will probably count towards your hand luggage weight and item number allowance. Contact the airline in advance to confirm their medical equipment and baggage allowance policy.



If the airline requests additional information

Send the airline a copy of the **FAA Air Travel Compliance Letter** for ResMed devices. This letter, which you can find on the ResMed website, is a formal aviation authority statement that the devices are suitable for use on aircraft.



Ahead of your flight, request a seat near a power socket

Ask which type of power cord or adaptor you'll need to plug in your device on the plane (remember to pack it before you leave!).



On the day, carry your therapy device as hand luggage

It's a medical device with mechanical working parts so it shouldn't be placed in the hold of the aircraft, where it might get damaged by airport baggage handling. Take a copy of ResMed's **FAA Air Travel Compliance Letter** so you can carry your device through airport security and onto the plane.



Did you know?

You can put your therapy device through security control at the airport.*

*ResMed confirms that device meets the Federal Aviation Administration (FAA) requirements (RTCA/DO-160, section 21, category M) for all phases of air travel.



Did you know?

You can also use a **DC/DC converter** to connect your therapy device to a car, boat or other vehicle.

Other modes of transport

Are you planning to travel by cruise ship, train, bus or coach? Or perhaps on a boat or yacht? Many of these modes of transport will have a suitable power supply for your PAP device. You should contact your tour operator or the travel company in advance to check that you'll be able to plug in your therapy machine.

If a suitable power supply won't be available, you should consider using a **battery pack** recommended by your CPAP manufacturer instead.

You can also use a **DC/DC converter** to connect your therapy device to a car, boat or other vehicle equipped with a 12V or 24V DC power source or a suitable battery. DC/DC converters are available on the ResMed official online shop.



Trains



**Caravans/
motorhomes**



**Buses/
coaches**



Cruise ships



Boats & yachts



Trains

Contact the train company in advance to ask if a suitable power source will be available.

If there isn't a fixed power supply, you can use **a battery pack** recommended by your CPAP manufacturer instead. Contact your healthcare provider or visit the **ResMed Official Online shop** for more information on external/portable power supply and power stations for CPAP machines.

Caravans/motorhomes

Providing the battery has sufficient capacity, your **ResMed device can operate from the battery supply** within a caravan or motor home. You will need a **suitable converter** to connect your device to the battery power.

Buses/Coaches

Buses and coaches might not have a suitable power supply. Contact the company in advance to ask and consider using **a battery pack** instead.

Cruise ships

Most cruise ships will have a suitable power source. Your CPAP machine should work as long as the **power supply is between 100-240V and 50-60Hz**. Power sockets can differ between countries, so make sure you **pack an appropriate adapter**. Adapters can be bought from most electronics and travel stores. Contact the tour operator in advance to check.

Boats and yachts

Contact the marina or boat-hire company in advance to ask if a suitable power supply will be available. You might need **a DC/DC converter** to operate your device onboard a boat.



Where will you be staying?

Outdoors

If you're staying outdoors or in mobile accommodation, you should still be able to use your CPAP device. Caravan sites and marinas often have access to mains electricity. **A ResMed therapy device can be powered from a car, boat or other vehicle equipped with a 12V or 24V DC power source or a compatible battery pack.** If you have another manufacturer's device, consult the user guide for the relevant information. Unless you use **an external battery**, you'll need a **DC/DC power converter** to use these power sources. You'll also need to be careful you don't drain the battery!

Indoors

If you're staying in a hotel or rental property, you should have easy access to mains power. It's a good idea to take **an extension lead** in case the power sockets are too far from the bed. You should also take **a suitable adapter** plug if you're travelling abroad.

High altitude

ResMed devices are designed to function at up to 2,591 metres* above sea level. Many European ski stations and summer mountain resorts are found above this altitude, so if you're going skiing, hiking or mountaineering, please contact your healthcare provider so they can advise you.

*Refer to ResMed devices user guides.



Unsure about travelling with CPAP?

Health and travel

Ask your healthcare professional for advice before you travel if you have any other health conditions, like heart or lung disease. Depending on where you are going, you might need to take special precautions.

Tell your travel insurance provider that you have Sleep Apnoea as it might affect your coverage. They might ask questions about your condition, so have the details to hand when you call them.

Hygiene*

Take extra care to **keep your mask and CPAP accessories clean** when you're travelling.

Follow your usual cleaning routine but take extra care to **dry your tubing, mask and headgear thoroughly** before you use them.

Always use bottled water with your humidifier if you are travelling in an area where the tap water is unsafe. Please remember to clean your humidifier carefully.

We recommend that you stock up on **travel wipes** before you leave, as well as an extra cushion in case your first one gets damaged while you travel. You will find all the useful accessories and spare parts on the ResMed online shop.

*For cleaning instructions, please refer to your mask and devices user guides.



Be careful about humidification

Please **DO NOT** use a standard humidifier on a plane. Turbulence could cause the water to spill and damage your device. Make sure there's no water in your humidification tub before you pack it.

Travel checklist

1. Take a note of useful information

- ✓ A letter from your healthcare practitioner certifying that you need PAP therapy.
- ✓ A note of your treatment pressure, mask type and mask size. Contact details for your healthcare practitioner, equipment supplier and care provider.
- ✓ Health insurance details, including your policy number and the provider's contact details.
- ✓ **ResMed's FAA Air Travel Compliance Letter**, so you'll be able to carry your device through airport security and onto the plane.

2. Take suitable spares

- ✓ **Pack a spare mask cushion** as you might find it difficult to find a suitable replacement abroad.
- ✓ **Pack travel wipes** to keep your mask and equipment clean while you travel.



Did you know?

You can contact your healthcare provider or visit the **ResMed Official Online shop** for more information on spare parts and accessories.

3. Check you'll have power

- ✓ **At least two weeks before you fly, ask the airline for permission to use your device on a flight.** If they give permission in writing, remember to take a copy of the letter/email with you.
- ✓ If you'll be travelling overnight on other forms of transport (e.g. train, boat or bus), contact the tour operator or travel company in advance to ask if you'll be able to plug in your therapy device.
- ✓ Check if you'll need a **special power adapter** to use your device on a plane or other mode of transport and remember to pack one!
- ✓ Take a mains plug adapter suitable for your destination country.
- ✓ If a suitable power supply won't be available, consider using a **battery pack** instead.
- ✓ Pack **an extension cord** so you can use your device comfortably even if the power socket is in an awkward location.



Travel FAQs

How do I get technical problems fixed when I'm abroad?

You can contact your healthcare provider

for advice on fixing technical problems with your machine. ResMed's teams are also on hand to help and you can contact them via email.

How does Airplane Mode affect data transmission?

Wireless connectivity is disabled whilst devices are in Airplane Mode and data transmission will therefore be **temporarily unavailable**. If you will be abroad or using Airplane Mode for an extended period, you may wish to tell your sleep clinic that they shouldn't expect to receive any data from your device while you are away.

Can my therapy machine run from the 400Hz power supply on a plane?

Usually, yes. The rating plate on the therapy device may specify 50-60Hz, but the power supply in recent devices is usually compatible with the 110V or 400Hz power supply on planes. However, you may need to use a specific adapter to connect to the onboard power socket. Always check with the airline prior to travel.

Will the x-ray scanners at airport security affect my therapy machine?

No, the x-ray scanners will not harm your machine.¹ However, security may need to see a letter from your healthcare practitioner verifying that you are carrying medical equipment, so it's a good idea to keep it handy.

¹ Compatibility of airport x-ray scanners with ResMed devices. Data on file ID A4726587.

Will my machine work in foreign countries?

Yes, your CPAP, APAP or bi-level sleep apnoea machine should work in a foreign country.

However, power sockets differ between countries, so make sure you pack an appropriate adapter plug. Adapters can be bought from most electronics and travel stores, as well as in airports. If you'll be abroad for an extended period, you may wish to tell your sleep clinic that they shouldn't expect to receive any data from your device while you are away.

Can I use my car battery to power my machine?

This is not recommended because car batteries are not designed to be discharged by more than 30% and their operational life may be significantly reduced.

A car battery can be used in an emergency, but you should avoid using a humidifier as this could drain the battery to a point where it may become impossible to start the car.

I am going camping. What size battery do I need?

Most of ResMed's machines work with a suitable external battery or a DC/DC converter

which can be plugged into a vehicle power source. Contact your healthcare provider or visit the ResMed Official Online shop for more information.

Do I need to take my machine with me if I am hospitalised while travelling?

No. However, if you're having surgery, it's very important that you tell both the surgeon and the anaesthetist that you have been diagnosed with sleep apnoea and are being treated with Positive Airway Pressure therapy.

Can I use tap water in any country for my humidifier?

We recommend always using bottled water in countries where the tap water may not be safe. If in doubt, use bottled drinking water.

What happens if my mask breaks while I'm away? How can I find a local supplier?

The process of finding replacement equipment will vary from country to country. Some will have more physical shops and online stores than others. However, it is important that you contact your healthcare provider or clinic for advice if your machine breaks or malfunctions.

Please note

This document is for guidance only and is not a substitute for medical advice. If you are concerned about travelling with your CPAP equipment, please call the ResMed team via email (patient-uk@resmed.com) or consult your local sleep clinic or healthcare practitioner.



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Did you know?

You can download
our full range of
patient ebooks [here](#)

ResMed.com

Please refer to the user guides for relevant information related to any warnings and precautions to be considered before and during use of the products.

See www.resmed.com for other ResMed locations worldwide.
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