

Your guide to travelling with CPAP

Live life to the full and feel confident when you travel with your CPAP device. ResMed has produced this short guide to help you remember the essentials and avoid hidden pitfalls when you're on the move. We hope you'll find it useful.

Happy travels!

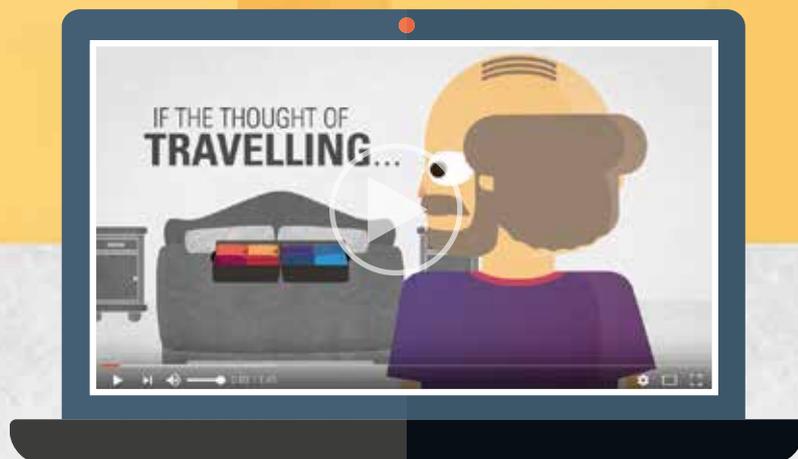




Most ResMed devices can be used all over the world, in the great outdoors and even on planes. They're also designed to be lightweight and portable. Our aim is to make travelling with your therapy equipment relaxed, comfortable and easy, just the way it should be!

If you're a frequent traveller, you might want to invest in AirMini, a small CPAP device designed with portability, travel and convenience in mind. We also have lots of other products and accessories that are designed to make life easier when you're on the move. Visit our online shop to learn more.

Watch our video



TRAVEL CHECKLIST

Take a note of useful information

- ✓ A doctor's letter to certify that you need PAP therapy.
- ✓ A note of your treatment pressure, mask type and mask size.
- ✓ Contact details for your doctor, 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 on to the plane.

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), 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!
- ✓ If a suitable power supply won't be available, consider using a battery pack instead.
- ✓ Take a mains plug adapter suitable for your destination country.
- ✓ Pack an extension cord so you can use your device comfortably even if the power socket is in an awkward location.

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. The waterless AirMini Humid X system can be used on planes.
- ✓ Make sure there's no water in your humidification tub before you pack it.

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.

Planes



You might want to use your CPAP device on a plane, particularly if you're taking a long-haul flight. Here's our advice on what to do:

- Contact the airline at least two weeks in advance to ask for permission to use your CPAP medical equipment during the flight. If you receive permission in writing, remember to take the letter/email with you when you fly.
- If the airline requests additional information, send them a copy of the **FAA Air Travel Compliance Letter** for ResMed devices. This letter is a formal aviation authority statement that the devices are suitable for use on aircraft.
- Request a seat near a power socket. Ask which type of power cord / adapter you'll need to plug in your device on the plane (and remember to pack it).



- 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 on to the plane.
- 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.



*Good to know: you can put your therapy device through the X-ray machine 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.

Other modes of transport

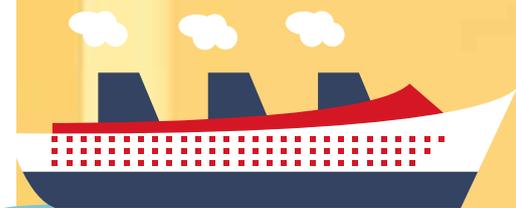
Are you planning to travel by cruise ship, train, bus or coach, or on a boat or yacht? Many of these modes of transport will have a suitable power supply. You should contact your tour operator or the travel company in advance to check that you'll be able to plug in your therapy device.

If a suitable power supply won't be available, you should consider using a battery pack 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.

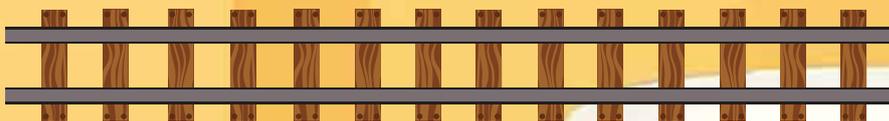
Cruise ships

Most cruise ships will have a suitable power source. Contact the tour operator in advance to check.



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 instead.



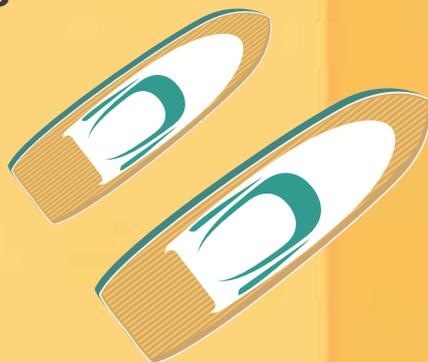
Buses / Coaches

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



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 an DC/DC converter to operate your device onboard a boat.



Where will you be staying?

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 aren't near the bed. You should also take a suitable adapter plug if you're travelling abroad.

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. If not, your ResMed therapy device can be powered from a car, boat or other vehicle equipped with a 12V or 24V DC power source or a suitable 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!**



High altitude

Our devices are designed to function at up to 2591m* above sea level. If you're going to be staying at high altitude, please contact us before you leave so we can advise you.



*As per AirSense AutoSet, AirSense Elite, AirMini User guide.

**ResMed has not conducted exhaustive testing of 3rd party batteries in combination with the AirMini, therefore ResMed neither guarantee nor recommend the batteries, or the performance of the batteries. For more information, please speak to your ResMed representative.

Unsure about travelling with your CPAP?

Preparing for a holiday can be stressful. If you're unsure about anything in this document, or if you'd prefer to speak to one of our specialists, then give us a call on **0800 917 7071**.

Health and travel

Ask your GP 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.

Call the ResMed team on 0800 917 7071 if you have any specific concerns about travelling with OSA or your CPAP equipment.

Tell your travel insurance provider that you have obstructive 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*

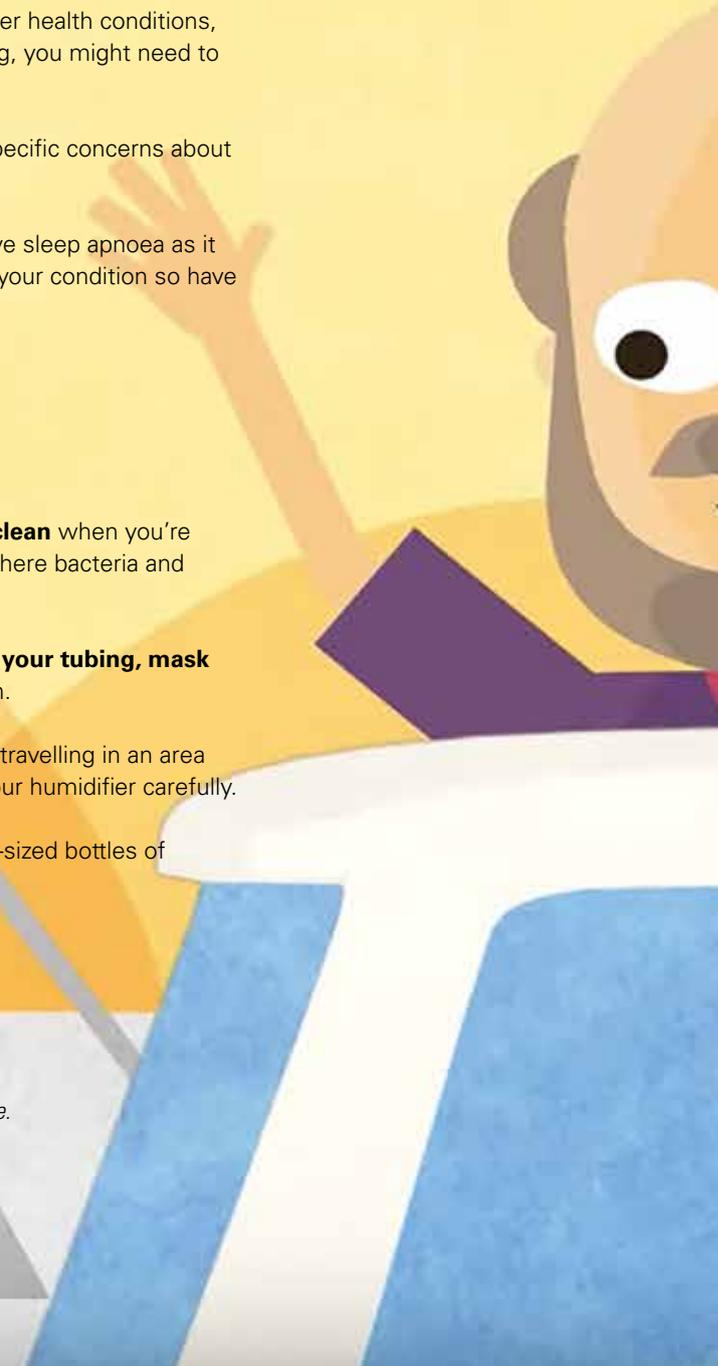
Take extra care to **keep your mask and CPAP accessories clean** when you're travelling. This is **especially important in warm climates** where bacteria and fungus grow well.

Follow your usual cleaning routine but take extra care to **dry your tubing, mask and head and chin straps 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 and travel-sized bottles of cleaning solution before you leave.

**For cleaning instruction, please refer to your mask and devices user guide.*



Visit ResMed's online shop for CPAP therapy equipment, accessories and more



AirMini

- The world's smallest travel PAP machine*
- The quality of ResMed's mask products – the AirFit 20 Series masks and AirFit P10 for AirMini
- Travel bag and accessories for therapy on the go
- AirMini App offers an intuitive and easy setup process
- Waterless humidification for portable convenience**



DC/DC converter 65w for AirMini



AirSense 10 Travel Kit



Mask wipes



AirTouch F20 replacement mask bundle



Find out more on all our spares and accessories

* As of the 4th April 2019.

** Not available with F20 Series (full face) masks

Travel FAQs

Q. I will be travelling with my therapy machine. Is there anything I should know?

A. There are a few things to consider before travelling with a CPAP, APAP or bi-level sleep apnoea machine:

- When transporting the machine, always empty the humidifier tub to avoid water damage and place it in its own compartment in the carry bag.
- Do not use your humidifier on a plane as turbulence increases the risk that water will spill and damage to the machine.
- We recommend that you do not use your humidifier if you are powering your device from a ResMed RPSII external battery**. To turn off the humidifier in an AirSense™ 10, AirCurve™ 10 or Lumis™ machine, go to the My Options menu and turn humidification off. For an S9™ machine, simply remove the humidifier.
- If you're using a sleep apnoea machine with built-in wireless connectivity* on a plane, always enable Airplane Mode. See your user guide for instructions.

Q. Can I use my sleep apnoea machine on a plane?

A. AirMini, AirSense 10, AirCurve 10, Lumis and S9 machines meet Federal Aviation Administration (FAA) requirements for all phases of air travel, so you can safely take your machine on board as carry-on luggage. You can download and print the [ResMed FAA Air Travel Compliance letter](#) here.

If your machine has built-in wireless connectivity, please ensure you set it to Airplane Mode while on the plane. See the user guide for instructions.

Note: medical devices should not count towards your carry-on luggage limit but you should confirm this with the airline before you travel.

When using a CPAP, APAP or bilevel sleep apnoea machine on a plane:

- Always empty the humidification water chamber and fully detach the humidification unit prior to travel to avoid the risk of water spilling and damaging the device.

Q. How does Airplane Mode affect data transmission?

A. Airplane Mode disables the wireless connectivity* of AirSense 10, AirCurve 10 and Lumis devices and makes data transmission to AirView™ temporarily unavailable. It also prevents transmission of data to myAir™. 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.

Q. How can I tell if my AirSense 10, AirCurve 10 or Lumis machine is in Airplane Mode?

A. You'll also be alerted by an on-screen message every time you turn on your machine.

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

A. 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 on board power socket. Always check with the airline prior to travel.

Q. Will I need to have my sleep apnoea device adjusted if I travel at high altitudes?

A. Most of our machines will automatically compensate for higher altitude changes but some older machines might require manual adjustment. It might deliver less effective therapy if it is not adjusted. Please consult your physician or the [ResMed team](#) for more information.



*Machines without built-in wireless connectivity are also available.

**Not compatible with AirMini. As ResMed has not conducted exhaustive testing of 3rd party batteries in combination with the AirMini, ResMed do not guarantee nor recommend the battery, nor the performance of the battery. If issues arise from using the AirMini device with a 3rd party battery, the customer should discuss this with their dealer from whom they purchased from as they will be able to assist.

Travel FAQs continued...

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

A. No, the x-ray scanners will not harm your machine. However, security may need to see a letter from your doctor verifying that you are carrying medical equipment, so keep it handy.

Q. Will my machine work in a foreign country?

A. Yes, your CPAP, APAP or bi-level sleep apnoea machine will 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. Please not for the Air10 users that you may not be able to use myAir if you are travelling abroad. If you will 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.

Q. I have a caravan/motor home. Can I run my machine off the existing battery?

A. Yes. 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. The **ResMed Team** can help you choose a suitable converter for your machine.

Q. I am going on a cruise. Can I use my machine on the boat?

A. Yes, 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.

Q. Can I use my car battery to power my machine?

A. 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. Instead, consider obtaining a deep cycle battery or a marine battery if you are travelling in an area where there is no mains power. A deep cycle battery can discharge by as much as 80% and a marine battery can discharge as much as 60%. 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.

Q. I am going camping. What do I need to run my sleep apnoea machine?

A. You will need a marine or deep cycle battery rated 50 amp hours or higher. For AirMini, AirSense 10, AirCurve 10, Lumis and S9 machines, you will also need a ResMed converter. You can buy the right converter for your device from the ResMed Official Online shop:

Machine series	Converter product code
AirSense 10 AirCurve 10 and Lumis	37297
S9	36970
AirMini	38839

If you prefer, you can use a modified sine wave inverter with a continuous power rating of 150w or higher with these devices instead. You should be able to buy one online or at a local electronics store.

If you have an older device that uses an H2i, H3i or H4i humidifier, you'll need a pure sine wave inverter with a continuous power rating of 300w and a peak/surge rating of 500w.



*As per AirSense Autoset, AirSense Elite, AirMini User guide.

**Q. I am going camping.
What size of battery do I need?**

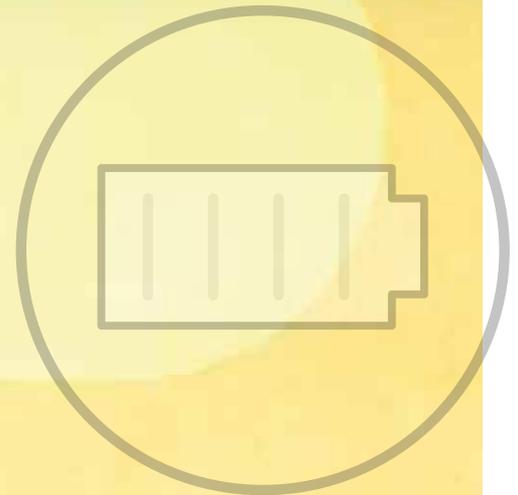
A. Most of our machines work with an external battery or a DC/DC converter which can be plugged into a vehicle power source. Visit the [**ResMed Official Online shop**](#) for more information.

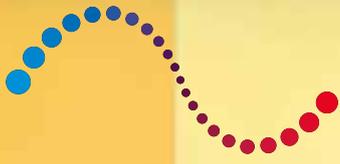
Q. Can I run my sleep apnoea machine off solar power?

A. Most solar power systems are connected to a DC battery. You will be able to operate your device from the battery as long as the battery has sufficient capacity and you have a suitable converter to connect your device. The [**ResMed team**](#) can help you choose a suitable converter.

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

A. 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.





ResMed



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 on 0800 917 7071 or consult your local sleep clinic or doctor.