

Traveling with CPAP on Planes, Trains and Automobiles (Motorcycles too!)

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1. Some basic “Must haves” whenever and wherever you travel.

- 6’ to 8’ Extension cord with 3 molded outlets, twice the wire size of your CPAP.
- Universal Plug Adapter set (If traveling outside the US) (Travelsmith.com)
- Fuses (If your machine uses them) consisting of 110, 220 and 12 volt. (Yes, they are different!)
- Extra Mask parts (Or extra mask) and perhaps an extra filter.
- A copy of your prescription for using CPAP.

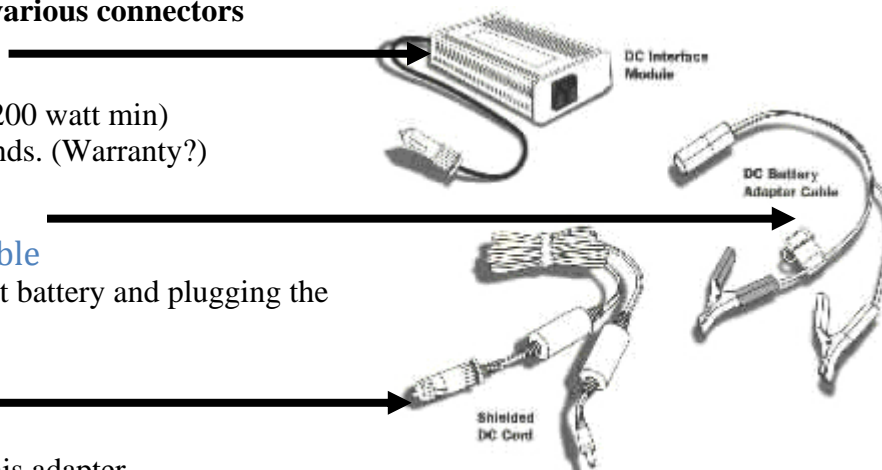
2. Traveling in a Motorhome, Trailer, Boat or Automobile

- Know if your “Cigarette plugs are using coach or engine batteries”.
- Know your “Inverter”, if you have one. (See #3 also)
- Do you use established “Full Hookup” parks or “Boondock”?
- Do you have a generator? What are the restrictions in the park?
- Drain your humidifier prior to traveling. (Does your Humidifier work with 12 volt?)
- If using in Cigarette plug in car, try at home first!!!
- Know your altitude, most machines have a manual altitude adjustment, if you are higher than 1500 feet you may need to adjust your altitude in order to ensure the proper pressure while you are sleeping

3. Using Batteries and various connectors

DC Inverter

Required wattage? (F&P 200 watt min)
Some require specific brands. (Warranty?)



DC Battery Adapter Cable

For connecting to a 12 volt battery and plugging the inverter into.

Shielded DC Cord

Some units require only this adapter.

Batteries

Use only sealed types (Gel cell, sealed lead acid)
Deep cycle RV/Marine/Medical batteries work best
Look for highest “Amp hour” rating with 50 AH minimum.

4. Commercial Carriers (Planes, Trains, Cruise Ships)

- Call Carrier and ask what is required. (A little known secret is that most all commercial aircraft all have 110 volt outlets located near each exit. You just have to ask!)
- Never check your unit as baggage (Ask about shipping containers if you have to check it).
- Cruise Ships and Trains generally not a problem.
- Airlines each have specific requirements and vary greatly from one to another.
- Make arrangements as soon as you know you will be traveling.

Traveling with your CPAP is not difficult if you plan ahead and follow some of these instructions. Each CPAP machine has different voltage requirements and plug configurations. Consult your users guide and/or call your homecare company if you have questions. You can sleep just as well on the road as in your own bed and you owe it to yourself to do just that! CPAP should improve your live, not restrict you! ENJOY YOUR LIFE!