

TRAVEL

Five tips to keep your PAP treatment on track

Carry a copy of your prescription

Covers your machine, mask, tubing, filters and humidifier. Add a luggage tag with your contact info.



Plan for power

Check plane outlets, pack a charged backup battery, and bring a universal adapter abroad.



Using water in your humidifier

Use distilled water when you can. Bottled water works short-term; clean the machine well after.



Know the airline's rules

Confirm FAA compliance in advance if you plan to use it in flight, and label it accordingly.



Your paragraph text

Packing and security

It doesn't count toward carry-on limits. Use a clear bag, and expect separate X-ray screening.



A little planning keeps your sleep therapy on track wherever you go.