What Measures Do I Need to Take When Traveling?
- Talk to your PH Doctor about your trip beforehand
  -- make sure you discuss any high altitude areas you might be planning to visit

- Find out from your doctor if there are any reasons you should not travel at this time

- Get a letter from your physician about your condition

- You may need to have a PH specialist at your destination for emergencies
- Carry information about your condition, medication, specialty pharmacy, and your PMD with you. You may need them when you are away from home.

- Carry a list of medication that you are taking (including dose and times).

- Carry emergency instructions; e.g., how to use pump.
Plan ahead for ordering your medicine before your trip
- let your pharmacy know that you are going on a trip

Consider having your routine blood test done right before your trip
Pack your PH meds in your carry-on, not your check-in bag.

Carry your meds in their original pharmacy bottles with your doctor’s letters.

Arrange for your specialty pharmacy to mail the medicine to your destination ahead of time.
If using supplemental oxygen, pack extra oxygen tubing

If traveling with oxygen machine, bring extra batteries
Travel like a king or queen