



# TRAVEL CPAP CHECKLIST FROM MEMORY-FOAM-MANIAC.COM

## 1. CPAP MACHINE

- CPAP Machine Manufacturer: \_\_\_\_\_
- Model #: \_\_\_\_\_ Serial# or Warranty#: \_\_\_\_\_
- Website URL: \_\_\_\_\_ Phone #: \_\_\_\_\_
- Physician's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_
- Physician's email: \_\_\_\_\_
- Copy of CPAP prescription  Letter of Medical Necessity from your physician

## 2. MASK

- Mask Manufacturer: \_\_\_\_\_
- Model #: \_\_\_\_\_ Serial# or Warranty#: \_\_\_\_\_
- Website URL: \_\_\_\_\_ Phone #: \_\_\_\_\_
- Spare Mask (if long trip)  Extra Filters  Extra Mask Cushions

## 3. TUBES

- Manufacturer: \_\_\_\_\_
- Model #: \_\_\_\_\_ Serial# or Warranty#: \_\_\_\_\_
- Website URL: \_\_\_\_\_ Phone #: \_\_\_\_\_
- Duct tape

## 4. POWER

- Plug Adaptors  Japan (JP)  United Kingdom (UK)  European Union (EU)  Australia (AU)  US
- Surge Protector compatible with the voltage of the country you'll be visiting
- Compact 12-foot extension cord

Going Off the Grid (or where power supplies are not reliable)

- Battery  Charging Cable  Inverter (if your CPAP is not 12V)  Solar power charger

## 5. PACKING FOR THE TRIP

- Print several copies of this checklist, your prescription and Letter of Necessity. Save copies to your cloud storage and to your computer's hard drive to refer to when planning your next trip.
- Keep a paper copy of this checklist, your prescription and the Letter of Necessity with you at all times.
- Empty your humidifier chamber. Put it in a separate zip lock bag to keep your CPAP machine dry.
- Place spare lithium ion and lithium metal batteries in a separate zip lock bag in your carry-on
- Pack CPAP & equipment in your carry-on bag with this checklist, prescription and Letter of Necessity

## 6. WHAT TO LEAVE FOR FAMILY AND CAREGIVERS AT HOME

---

- Leave your contact information—including the names, addresses, and phone numbers of the hotels where you are staying—with a family member, so they can reach you while you're away.
- Phone numbers (all contact numbers for you; doctor/vet; pharmacy; mechanic; school/daycare; helpful friends/neighbors; alarm company).
- Cash for groceries and emergencies.
- Consent for medical treatment forms and insurance cards.
- Your travel itinerary.
- A copy of this checklist, your prescription and your Letter of Medical Necessity