

TRAVELING BY AIR

RESOURCE GUIDE FOR CANCER PATIENTS



This guide was created by Cancer Fighters® to support other Cancer Fighters who travel for their care. The information is based off their collective experiences.

Preparing for your trip

- Pack comfortable clothes and shoes.
- Remember to pack a sweatshirt or blanket as you may become cold in the hospital or while receiving treatment.
- Pack metal-free clothing – a must when having scans.
- Pack short-sleeves or v-neck t-shirts if you expect to get a port or IV to allow for easier access.
- Contact your hotel accommodations prior to arrival to ensure a refrigerator is available should you need it for medication.
- Download music ahead of your trip so you can listen to your favorite tunes during treatment.
- Bring a list of questions/concerns you would like to address with your clinical team.
- Count your pills to make sure you have enough to last the entire trip.
- If you are able to bring a caregiver, ask them to take notes during your appointment so you can review and discuss later.
- Familiarize yourself with any COVID-19 policies and guidelines prior to traveling.

When flying to and from treatment

- TSA Cares provides travelers with medical conditions additional assistance during the security screening process. Call **1.855.787.2227** or email **TSA-ContactCenter@tsa.dhs.gov**.
- Ask a TSA officer or supervisor for a passenger support specialist who can assist you through the screening process.
- Advise TSA of metal devices and/or implants, surgical dressings as well as injectable medicines prior to screening.
- Wear comfortable clothes and shoes.
- Move your legs and joints frequently during travel to help mitigate discomfort, swelling and/or clotting.
- Ask a gate agent for a wheelchair, if needed.
- Arrive to the airport at least two hours prior to your flight's departure time.
- Keep any needed medications, including anti-nausea prescriptions and pain relievers, on your person. If you are worried about becoming nauseas during your flight, ask your hospital for compact vomit bags.
- Using antibacterial wipes, wipe down your seating area, including chair, armrests and eating surfaces—both on the plane and in the airport.

Travel check-list

Carry-on bag

Important Documents

- Travel documentation (passport, ID, itinerary, boarding pass, appointment schedule etc.)
- Important phone numbers (i.e. physician, care team, hotel accommodations, emergency contacts etc.)
- Insurance cards
- List of current medications and drug allergies
- Copy of Advance Directive, if applicable

Clothing

- Change of clothes
- Sweater, fleece or hoodie and warm socks

Toiletries

- Pill container
- Toothbrush/toothpaste/floss
- Deodorant
- Hand sanitizer
- Antibacterial wipes
- Lip balm

Health

- Prescription medications
- Pain relievers
- Anti-diarrheal medications
- Allergy medications
- Eye drops
- Neck pillow
- Eyeglasses, if applicable

Entertainment

- Books/audio books/magazines
- Tablet, laptop, cell phone and chargers
- Headphones/earbuds
- Journal, pen

Snacks and Drinks

- Reusable water bottle
- Snacks/gum/mints
- Tissues

Checked baggage

Clothing

- Undergarments
- Shirts (long- and short-sleeve)
- Pants (loungewear/yoga, long pants, shorts)
- Socks (comfy, warm socks)
- Shoes (slippers, sandals, athletic shoes)
- Pajamas
- Outerwear (warm jacket, hoodie or sweatshirt)

Electronics

- Electronic device chargers/cords/batteries

Toiletries

- Vitamins
- Contacts/contact solution, if applicable
- Extra prescription glasses and/or sunglasses
- Facial cleanser and/or body wash
- Make-up/make-up remover
- Shampoo and conditioner
- Lotion and sunscreen
- Razor/shaving cream
- Tweezers/nail file/nail clippers
- Cotton swabs
- Brush/comb
- Curling iron/flat iron