Biron

Sleep

Listing of verification travel

CPAP device

At least two weeks before your departure

Inspect your CPAP device to make sure all parts and accessories are in perfect condition. If you need to replace anything, you'll have the time to do so.

Are you a frequent traveller?

If so, it may be a good idea to invest in a portable CPAP machine, which is smaller and lighter than a traditional device.

Humidifier

Empty the water completely from the humidifier, as it could spill into your luggage or the device's motor and cause damage.

If you're using a ResMed AirMini portable device, get yourself some HumidX Plus cartridges that replace the humidifier.

Mask

Power cable

Tubing

Chin strap (if you use one)

Filter and cushion (Replacement)

Transformer / plug

All devices are equipped with a transformer that allows them to work with the electrical current in different parts of the world.

Since power outlets vary from one country to the next, get yourself the appropriate plug adapters or a universal adapter. To find out what types of plugs are used in each country, visit this site.

Caution: Avoid adapters with a built-in power converter since your device's transformer already performs this function.

A DC-DC converter will be useful if you need to plug your device into a 12 V or 24 V DC outlet (such as a cigarette lighter) or a deep cycle battery that can be found on a recreational vehicle or boat. It's not recommended to plug the device directly into a car battery.

Extension cord / power strip

Since electrical outlets are sometimes far from where you sleep, an extension cord and a power strip with a circuit breaker can come in handy.

Maintenance products

It's important to keep your device clean, especially in warm countries where bacteria and fungi grow rapidly. Make sure you have enough mild soap and cleaning wipes for your trip.

Pillow

Not all hotels have good pillows. If you have room in your luggage, bring your own support pillow.

Anti-snoring belt

If you're undergoing positional therapy and have an anti-snoring belt, don't forget it!

Battery

If no power source is available at your destination (e.g., camping), there are batteries for CPAP devices which offer different charging options. A spare battery can also be useful in case of a power failure (which is common in some countries).

When your device is running on a battery, turn off your humidifier to maximize the available charge.

Test your device with the battery before leaving to see whether everything is working properly.

Other accessories

Consider any accessory that makes your treatment easier and is easy to transport, such as a hose cover or Jack™ mask and tube lift.

Useful information

In case you have a problem with your device while travelling, consider bringing the following:

The contact information for your equipment supplier, which can help you with repair solutions

Invoices for your equipment and accessories

Your prescription and treatment information (e.g., pressure, mask type and size, etc.) in case you need a replacement device

Your travel insurance details (i.e., policy number and contact information). Remember to notify your insurance company that you have sleep apnea and will be travelling with your CPAP device.