



## Hemophilia Travel Tips

### Travel Tips

Travel can be safe and enjoyable for someone with hemophilia. Here are some tips on things you can do to help make your trip a success.

### Preparation

- Review your travel plans with your Hemophilia Treatment Centre.
- Find out and record the **location of the HTC** nearest to your travel destination.
- Prepare **travel letters**, for airport security and customs. Be sure to include:
  - Your or your child's diagnosis
  - Factor product and dosage information
  - How to contact your HTC's physician and nurse

*Note: Sample letters that can help you and your treatment team to capture all relevant information are available at [www.EmbraceLife.ca](http://www.EmbraceLife.ca).*

- Create a list of **supplies** that you will need and leave enough time to pick them up.
- Always consider your need for travel health insurance when travelling.
- Make sure to carry **Medic Alert**<sup>®</sup> identification and/or your emergency care information, such as a **Factor First Card**.
- **Always keep factor and supplies with you** in your carry-on bag. If you are flying, never pack them in "checked" luggage, where they can get lost or be exposed to extreme temperatures during the flight.

## Flying with Medicines in Canada:

Unlike other liquids, liquid prescription medicines can be transported in carry-on baggage, when you fly even in volumes larger than 100 ml (3.4 oz). Follow these Canadian requirements when travelling with any medicine\*:

- Declare these liquids to airport Screening Officers, separately.
- Ensure all the medicines have their original label and/or pharmaceutical label.
- All needles must have a needle guard in place, and be must be carried together with their corresponding medicine.

\* This information applies to flights within Canada. Please check with your airline or travel agent for restrictions at points of departure outside of Canada.

 For other **Hemophilia Management Guides**, visit [www.EmbraceLife.ca](http://www.EmbraceLife.ca), or:

- For more about travel planning, visit the Canadian Hemophilia Society at [www.hemophilia.ca](http://www.hemophilia.ca) or call 1-800-668-2686
- For more information about flying with medicines in Canada, visit the **Canadian Air Transport Security Authority** at [www.catsa-acsta.gc.ca/english/travel\\_voyage/list.shtml](http://www.catsa-acsta.gc.ca/english/travel_voyage/list.shtml)

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Knowing how to take care of yourself takes more than medication. For helpful health and wellness information and tools visit [morethanmedication.ca](http://morethanmedication.ca)