



Traveling with CF

Packing List

Here's an example of items you may consider packing when preparing to travel.

CF Meds (Please note: all may not apply)

Oral Medications

- Kalydeco
- Orkambi
- Antibiotics
- Azythromycin

Inhaled Medications

- Antibiotics
- Tobramycin
- Cayson
- Colistine
- Pulmozyme
- Hypertonic Saline
- Albuterol

Other

- Glucose tablets

Vest

- Hoses
- Instruction manual

Nebulizer compressor

- Nebulizer cups/mask
- Water purification tablets
(if traveling internationally)
- Instruction manual

Neti Pot

- Steroid
- Salt packets
- Water purification tablets
(if traveling internationally)
- Medical documentation

Nutritional Therapies

Enzymes

Vitamins

- Vitamin D
- Vitamin C
- Source CF
- Biotin
- Calcium

Minerals

- Calcium
- Iron
- Sodium chloride
- Zinc

Devices

- Glucose monitor
- Needles
- Testing strips
- Alcohol pads
- Instruction manual

Other CF-Related Items

- Health summary
- Oxygen documentation
- Customs certificate
- Letter for theme parks
- Emergency contacts in case you become sick or need help
- A list of doctors who specialize in CF so you can get appropriate care if needed.
- Check the CF Foundation's website for national travel (CFF.org) and Cystic Fibrosis Worldwide for International travel (CFWW.org) for locations of CF centers
- Your insurance information, including travel insurance information in case you need to visit a CF care center
- A prepaid phone card to contact your own CF center for advice in an emergency
- Instructions for your medical equipment in case of a malfunction
- A calendar of times and details on taking your medications to help those with you if needed