

Travel Tips for Alphas on the Move

Being an Alpha doesn't mean you have to give up business travel, vacations, and visits to friends and family. With careful planning, you can travel safely and have just as much fun. These general travel tips can help.

Travel tips — before you go

Discuss your travel plans with your doctor to make sure you're well enough to travel. They'll want to know where you're going, how you'll get there, and how long you'll stay. You can also talk about the climate and other environmental factors that might affect your health.

Make a folder for your travel documents and your health-related documents. You may find it useful to carry a letter from your doctor stating that you're fit for travel. It should also contain a brief summary of your present health and a list of your medicines. Make sure this folder is easy to access during your travels.

Identify a medical facility and a doctor who can care for you at your destination. This is very important if you're going to be staying for an extended period of time. Your primary care doctor or AlphaNet Coordinator should be able to help you with this.

Review your health insurance coverage. Check your policy details before you leave. Make sure you're covered if you leave the state or country. You may need to add coverage for international travel. A travel agent may also be able to help you with this.

Plan ahead if you're traveling with oxygen. [Traveling with oxygen](#) requires some extra planning, especially if you're [going by plane](#). You need to make sure you have enough oxygen to last for the whole trip, and a way to power your portable oxygen concentrator.

During your trip

Bring a list of important contact information. This should include the names and phone numbers of

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- Your doctor
- Your emergency contacts
- The airline or cruise line you're traveling with
- A contact person at your destination

Bring enough medicine for your whole trip. If you need refills, get them before you leave. If you're going by plane, carry a supply of medicine in your carry-on luggage. Keep them in their original containers and make sure they're labeled.

Carry antibacterial wipes or sprays. To limit the risk of [infection](#) while traveling, clean surfaces that can carry bacteria, like seat belts and tray tables. But remember, hand washing is the best way to protect yourself. If you don't have soap and water, use wipes or sprays.

For more in-depth information on this topic, please visit the [Big Fat Reference Guide \(BFRG\)](#). If you are enrolled in AlphaNet's Subscriber Portal, you can access the BFRG [here](#).