

Important Travel Tips

Here are some important tips to make traveling with a bleeding disorder safe and enjoyable.

General Preparations

- Always carry a travel letter, which includes your diagnosis, type of medication or clotting factor concentrate used, dosage, and the GSHTC's contact information: 1-800-464-1440. Travel letters are provided by GSHTC at your request.
- Obtain the contact information of the Hemophilia Treatment Center closest to your travel destination in case of an emergency. GSHTC can provide you this information or you may find it online through the HTC Finder at <http://www.athn.org/htcfinder>.
- Give yourself plenty of time to gather all supplies needed for the trip. Carry enough supplies in the event that an unforeseen problems or emergencies.

Preparations for Airline Travel

- When flying with clotting factor concentrate, be sure to have a prescription from your physician with you. Medications should have their original label attached.
- Your clotting factor products and supplies need to be in your carry-on luggage to avoid damage or loss.
- Contact the airline two days prior to travel to be aware of their specific regulations for flying with medication.
- You can also check with TSA Cares, a hotline created specifically for those with disabilities or medical conditions (1-855-787-2227).
- The U.S. Department of State has general information related to international travel on their website (travel.state.gov/travel/tips/tips_1232.html). In addition, they have developed the STEP Program, which stands for Smart Travel Enrollment Program. Register your international travel on the STEP website (step.state.gov/step/) so that they can assist you during an emergency