

ASTHMA TRAVEL CHECKLIST

Name	Emergency Contact	Allergies & Issues with Medicines

BEFORE YOU LEAVE:	CHECK
Visit your Doctor. Request an updated Asthma Action Plan	
Check travel insurance policy includes specifically asthma and offers the cover that you need	

PACK & CARRY WITH YOU:	CHECK
Blue Reliever Medication (cap on to keep clean)	
Asthma Spacer	
Asthma Action Plan	
Enough medication to last your trip	
Repeat Medication Prescription (This may also be used for inspection by airlines, to validate name, medication and contact details of your doctor).	

DURING YOUR TRIP:	CHECK
Continue to take preventer medication if prescribed on your Asthma Action Plan	

DESTINATION	
Ambulance	
Hospital	
Doctor	

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Ambulance	
Hospital	
Doctor	

Notes:

If using the Asthma Travel Checklist with your asthma bag, please keep this document in the inside pocket with the log book. This form is not to replace the Asthma Action Plan, but to serve as a checklist prior to travel and a reminder to continue to use any medications as directed by your doctor on the Asthma Action Plan.

Additional information:

Asthma Australia <http://www.asthmaaustralia.org.au/>

Asthma Australia Info Line: http://www.asthmaaustralia.org.au/info_Line.aspx

Travel and Asthma Fact Sheet: <http://www.asthmawa.org.au/About-Asthma/Asthma-Factsheets/Travel-and-Asthma/>

Better Health Vic: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Asthma_and_travel (Information supplied by the Asthma Foundation of Victoria).

AIRLINE	INFORMATION FOR GUESTS WITH MEDICAL NEEDS
Virgin	http://www.virginaustralia.com/au/en/plan/special-needs-assistance/medical-conditions/ Please note "passengers with anaphylaxis" section – as Virgin ask that a signed management plan or medical clearance form from your doctor be carried with appropriate medication.
Qantas	http://www.qantas.com.au/travel/airlines/visa-health/global/en
Emirates	http://www.emirates.com/au/english/plan_book/essential_information/health_and_travel/before_you_leave.aspx

This form was inspired by the Asthma Foundation of Queensland Facebook post November 2014.