

### Food Allergies

Airlines offer a comprehensive range of onboard food catering to most food allergies. If you have particularly severe allergies, or do not wish to use the airlines' services then you can bring along your own food.

### Visually Impaired or blind

If you are visually impaired or blind and otherwise in good health then a medical clearance is not required. The airline can offer additional assistance to ensure your safety during travel. Just inform you airline at least 72hrs prior to travel.

### Hearing impaired or deaf

If you are hearing impaired or deaf and otherwise in good health then a medical clearance is not required. The airline can offer additional assistance to ensure your safety during travel. Just inform you airline at least 72hrs prior to travel.

**OBTAIN MEDICAL CLEARANCE  
OR ASSISTANCE WITH EACH  
CARRIER YOU ARE  
TRAVELLING WITH**



## Flying With Additional Health Needs

Flying can place some additional stresses on human health. Flight durations can be for many hours and although cabin comfort has increased, it is still a relatively cramped environment. Additionally although pressurised, the cabin oxygen levels and atmospheric pressure are reduced compared to sea level.

Certain medical conditions (examples in next column) can deteriorate while flying. To ensure your safety and that of other passengers, airlines have their own medical teams to assess the risk of travel. In most cases an individuals medical needs can be accommodated easily.

Occasionally the airline may require a medical escort or perhaps use of supplemental oxygen. Very occasionally an airline will refuse travel.

If you have any of the listed medical conditions, require use of medical equipment or are unsure if your medical condition is safe to fly with, then you should talk to your doctor who will be able to advise.

If required, your doctor will help you submit an airline medical form for submission to the medical unit of the airline you are travelling with. **It is important to give the airline sufficient time to assess matters – preferably at least 2 weeks before travel**

### Example medical conditions

- Heart disease
- Lung disease
- Psychiatric conditions
- Behavioural conditions
- Neurological conditions
- Contagious illness
- Recent illness or hospitalisation
- Recent surgery
- Recent trauma including fractures
- Anaphylaxis

### Example medical equipment

- CPAP machine
- Bottled oxygen
- Oxygen concentrator
- Syringe pumps
- Stretchers
- Ventilators

For a more detailed list of medical conditions see the link in "Useful Contacts" overleaf

### Mobility issues / Wheelchair

If you have mobility issues or use a wheelchair and otherwise in good health then a medical clearance is not required. The airline can offer additional assistance to ensure your safety during travel. Just inform your airline at least 72hrs prior to travel.

### Pregnant

Most airlines restrict long haul flights (> 4hrs) for women in the later stages of pregnancy. The cut off can vary by airline so check with your carrier before booking flights.

### Medical Insurance

Individuals with existing medical conditions should ensure that they have adequate medical insurance. Obtaining medical insurance for pre-existing conditions is more difficult. Make sure you check the small print and know exactly what you are being covered for.

**OBTAIN MEDICAL CLEARANCE  
OR ASSISTANCE WITH ALL  
AIRLINES YOU ARE  
TRAVELLING WITH**

## Flying with supplemental oxygen



If you will be flying with supplemental oxygen (cylinders or oxygen concentrator) then a medical clearance will need to be obtained from your airline. Your doctor will help you submit the relevant forms. This needs to be done in plenty of time before you travel – preferably at least 2 weeks.

Any medical device needs to be cleared by the airline for use onboard (devices displaying a manufacturer's certificate of FAA approval exempt).

The airline can provide oxygen to you only while on the airplane. You will need to arrange your own oxygen supplies for any transit and at your final destination.

## Flying with medications



- Ensure you have adequate supply of your medications for the entirety of your trip
- Carry medications in their original containers with the pharmacy printed label attached.
- Carry medications in your hand luggage
- If you are carrying liquid medicines > 100ml, syringes, needles or controlled drugs then ensure you have a doctor's letter
- If you are travelling over numerous time zones and are unsure of when to take your medications, then discuss this with your doctor.

## Useful Contacts

<https://www.airnewzealand.co.nz/special-assistance-flying-with-medical-conditions>

<https://www.airnewzealand.co.nz/special-assistance-medical-equipment>

<https://www.qantas.com/us/en/travel-info/specific-needs/fitness-to-fly.html>

<https://www.qantas.com/content/dam/qantas/pdfs/fly/specific-needs/qantas-medical-clearance-guidelines.pdf>

<https://www.comparetravelinsurance.co.nz/seniors-travel-insurance/how-to-find-the-best-seniors-travel-insurance>