

My Home Dialysis Travel Checklist

for Home Hemodialysis (HHD) and Peritoneal Dialysis (PD)



With some planning, most people can safely continue dialysis treatments when they travel away from home. Be sure to talk with your care team as you begin.

I'm looking forward to traveling to: _____ on _____. I'll start my planning on _____.

Getting Started

1 to 2 months before I travel:

- Talk to my home dialysis nurse about my travel plans, packing, and shipping my supplies or solution. Follow-up in writing (text or email).
- Ask my nurse for a copy of my patient summary.
- Find out from my insurance company how travel dialysis costs are covered.
- Ask my facility to arrange shipping of my supplies or solution.
- Contact airlines (if flying) to notify them that I will be checking medical equipment at the gate. Attach label to travel case stating: "Life Sustaining Medical Equipment."
- Confirm the shipment with my dialysate or solution company.

1 to 2 weeks before I leave:

- Write down the name, phone number, and address of a dialysis facility near where I am staying.
- Share this information with a family member, close friend, or someone who is traveling with me in case there is an emergency.

Where I'm Staying

When making hotel reservations:

- Ask for a refrigerator (if needed for medicine).
- Request a room location or type, such as one that is wheelchair accessible, if needed.

When staying with family or friends:

- Tell them what to expect when my supplies are delivered.

1 to 2 weeks before I leave:

- Call where I am staying and let them know when my medical supplies will arrive. Who I spoke to: _____

Before leaving for my trip:

- Call to check if my shipment arrived. Who I spoke to: _____

Packing

- Pack my medicines for the length of the trip plus up to 5–7 extra days. Place in carry-on bag if traveling by plane, train, or bus.
- Talk with my home nurse about any additional supplies I should pack.

Traveling During COVID-19

- Plan my trip knowing the most recent COVID-19 precautions.
- Talk to my care team about any safety concerns of traveling.
- Visit the [CDC's Travel page](#) for information about domestic and international travel.
- Pack extra masks, hand sanitizer, and disinfectant wipes.
- Pack extra medicines and supplies in case there are any unexpected delays.

While traveling, carry this information with me:

- Insurance and/or Medicare card
- A [wallet travel card](#) with my home care team contact information and emergency contacts
- Letter of medical necessity from my doctor (for dialysis supplies, medicines)
- A list of my medicines and the dosages
- My dialysis prescription
- Copy of my medical summary (from my nurse)
- My home or in-center facility phone number



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