



# *Travel and Holidays with invasive Long- Term Ventilation*

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# Agenda

Challenges

Equipment checklist

Pre trip planning

Documentation and Travel Insurance

Hypoxic Challenge Test

Troubleshooting

Oxygen supplementation and Airline rules

Costs

Useful Websites

# Introduction

We should all be able to enjoy travelling and going on holiday, but for people who require the use of a ventilator and/or oxygen, this can be daunting. Not only do you have to think about where to go and how to get there, you also have to consider what equipment you need to take, how to travel with it and where to go in an emergency.

This presentation is designed to serve as a guide and reference for children who use a ventilator and/or oxygen and their families who want to get away and enjoy themselves whether it is here in the UK or travelling abroad - a goal achievable through proper preparation and a little guidance.

There are many things to consider before booking a holiday, but this hopes to serve as a starting point in your holiday planning.





# The Challenge

# Equipment Checklist

## EQUIPMENT

- Ventilator x 2 incl. batteries - enough to cover 150% of flight time
- Bag-valve mask x 2
- Suction machine x 2
- Oxygen
- Nebulisers
- Tracheostomy tray
- Spare circuits/O2 tubing/filters/trachy tubes
- Power supply cable - is vent compatible with airline supply?
- Adaptor for destination country
- Wheelchair

## FEEDS

- Correct and sufficient amount of feeds
- Feed pump
- Giving sets
- Syringes
- Feeding tube plus spare
- Liaise with community dietician 3 months in advance [Nutricia](#)  
[Homeward](#)

## MEDICATION

- Current medication list
- Supply of medications
- Correct storage of meds
- Syringes
- Water for flushes

# Pre trip planning

- Communicate with LTV team as soon as possible
- Contact airline - each airline has a different policy
- Contact insurance company
- Check destination hospital location
- Arrange for local oxygen delivery
- Source local emergency medical number
- [Tourism for All | The voice of accessible Tourism](#) - charity that can help plan travel
- *NB: Plan to arrive at airport early - security may ask you to plug in each device at check in*
- *Equipment needed to go as hand luggage*

# Documentation

## PAPERWORK

- Fitness to Fly; Hypoxic Challenge Test to be arranged within 3 months of travel
- Instruction manual – can utilise google translate when abroad to interpret manual
- Up to date ventilator prescription
- Community and Respiratory management plans (as appropriate)
- Letter from LTV team to confirm diagnosis and necessity of taking medication and medical equipment in the cabin
- Travel insurance confirmation

## TRAVEL INSURANCE

- Holiday insurance is essential for both the child and their equipment [Insurancewith - Award Winning Travel Insurance Specialist](#) and [Free Spirit Travel Insurance - For Any Age or Medical Condition](#)
- Tour operators may be able to advise re: specialist insurance companies who cover children with medical conditions
- Any travel medical insurance MUST include the cost of coming back by air ambulance
- If travelling within the European Economic Area and Switzerland it is advisable to get a European Health Insurance Card (EHIC). This is NOT a substitute for insurance
- There may be a significant additional cost to package holiday

# Hypoxic Challenge Test

- Modified HCT assesses oxygenation and ventilation
- Oxygen falls to 15% to mimic aircraft cabin pressure
- The patient is exposed to the hypoxic environment for 20 minutes
- If SpO<sub>2</sub> <90% → ventilation and/or O<sub>2</sub> required
- Essential to bring ventilator and necessary equipment in for test
- If child in wheelchair, ventilator will be put into chamber with additional tubing with patient outside





# Troubleshooting

- Ventilator malfunction/break down
- Local hospital admission - take ventilator, documents, UK medical contact details and insurance certificate
- Contact local ventilation/respiratory team in the UK for simple advice, unlikely to be able to replace ventilator
- If highly dependent - switch to spare ventilator ASAP
- If absolutely dependent and it fails, hospital is place of safety
- If in doubt contact local emergency medical number
- Contact manufacturer - ask for local representative
- Most ventilators have an internal battery capacity and spare battery capacity. This should provide adequate time to get to an alternative power supply or to contact the local hospital
- **Unwell child** - Take emergency bag including additional trachys/antibiotics/nebuliser saline/suction catheters etc that your child may need

# Oxygen Supplementation

- We recommend hiring before travel!
- PURE O2 [Portable Oxygen Equipment - Health Oxygen - Pure O2 Group](#)
- Oxygen Worldwide (UK Based) [Welcome to OxygenWorldwide - Oxygen Worldwide](#)
- Airlines previously gave fixed flow rates of 2 or 4 litres per minute of flow (not the case anymore)
- Airlines have differing policies on what can be taken in cabin – some allow cylinders whilst others allow portable concentrators only (see below)
- [Airline index - European Lung Foundation](#) – list of airlines and policy details

# Airline Oxygen Rules

Airline	Do they provide O2	Cost if they provide	Do they let you take a Cylinder on board	Do they let you take a concentrator
British Airways	Yes (only 1 per flight, pulse dosed)	Free	Yes (short haul 1 per flight)	Yes
Virgin	No (link with Oxygentogo rentals)	N/A	No	Yes
EasyJet	No	N/A	Yes (2 small < 5kg)	Yes
Jet2	No	N/A	No	Yes
TUI	No	N/A	Yes (< 5kg)	Yes
Ryanair	Yes (only 2L/min)	£55 per flight	No	Yes
Emirates	Yes (variable flow)	free	No	Yes

# Supplemental Oxygen Prices

Company	Low flow	Cost	Constant	Pulse dosed
The oxygen store	Y	1 week = £335, 2 weeks £520, £300 deposit	Y	Y
HealthOxygen.com/ Pure O2	Y	1 week = £600 with a back up concentrator & 3 batteries	Y	Y
Oxygen Direct	Y	Deposit £1,450 1 week = £185 + VAT delivery £30	Y	Y
Oxygen concentrators rental.co.uk	Y	Deposit £300, 1 week (2 batteries) £335, 2 weeks = £570	Y	Y

# Costs to consider

- Variable
- Some airlines are free or > £300/flight
- Ryanair - currently £55/flight (minimum 2L flow)
- Portable concentrator - £500+ (increase during peak season), plus additional batteries add to cost
- Some families quoted around £2000 (plus refundable deposit)



# Summary

- Travel is possible
- Work with local MDT
- Planning ahead is key
- Be prepared for every eventuality
- Liaise with other families for advice/peer support via Facebook WellChild family tree

*The way to get started is  
to quit talking and begin  
doing.*

*Walt Disney*



# Useful websites

## TRAVEL IN THE UK AND ABROAD

- [Disabled Holidays - Accessible Accommodation Bargains UK & Abroad](#)
- [Book Family Holidays and Short Breaks at UK Holiday Parks | Butlin's](#)
- [UK family & short breaks | Forest breaks | Center Parcs](#)
- [THHN - Torbay Holiday Helpers Network](#)
- [Travel abroad - GOV.UK](#)
- [Civil Aviation Authority](#)
- [European Lung Foundation | ELF | Homepage](#)
- [Bienvenue au Sanctuaire Notre-Dame de Lourdes \(France\)](#)

## BY BOAT/ TRAIN/ COACH

- [P&O Cruises | Cruise Holidays 2025 & 2026](#)
- [Cruises and Cruise Holidays for 2025-2026 | Royal Caribbean UK](#)
- [Disneyland Paris - tickets, deals, family holidays | Disneyland Paris](#)
- [Jumbulance Home - Jumbulance Trust | Accessible holidays and travel in the UK and Europe](#)



# Thank you

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