

Tips for Travelling with Hemophilia

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- Download our travel letters and have your doctor complete the forms. These will explain to transportation staff why you are traveling with the supplies that you are. If you are traveling internationally, consider downloading our “customs” letter to have your doctor complete as well.
 - Visa requirements should be checked well in advance of travel.
- Carry a letter from your treating doctor with information about your bleeding condition, any blood-borne viruses you may have, and the usual treatment you receive. This letter should, if possible, be in the language of the country being visited. You may not always be able to treat yourself, so this information is important.

2



- Always carry your own treatment products, treatment equipment, and pharmaceutical drugs with you, as products will be different and probably very expensive in another country.
- When travelling by air, always carry your own treatment products, treatment equipment, and pharmaceutical drugs onboard the aircraft as hand baggage. This will allow you to present them quickly to security and customs, if requested. There are risks of loss, breakage, and of temperature variations potentially affecting treatment products if stowed in the aircraft hold.
- Medications and medical supplies are exempt from airline restrictions.
 - Make sure that everything is clearly labeled and stored in a separate bag for easy access.

3



- Medical insurance should be checked well in advance of departure.
- A list of hospitals and hemophilia treatment centers along your travel route should be composed with their contact information.
 - A list of HTC's can be found by visiting the [World Federation of Hemophilia's Global Treatment Centre Directory](#).

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- **Always** wear medical identification information.
- Keep a copy of your important medical and contact information with you at all times.