



Portable Oxygen Concentrators – Flight Guidance

The SkyCare Flight-Ready Oxygen Checklist

If you're flying with a portable oxygen concentrator, this checklist is your passport to a smooth journey:

- Hypoxic Challenge Test (Fit-to-Fly) completed
- Doctor has issued a report detailing flow rate & requirements
- MEDIF or airline-specific medical form submitted
- POC is FAA-approved and on the airline's allowed list
- Confirmed your required flow mode (pulse or continuous)
- Battery life covers 150% of flight time (minimum)
- Spare cannulas, charger, tubing packed in hand luggage
- Pulse oximeter packed and working
- Moisturiser, lip balm, nasal saline for dry cabin air
- Airline contacted directly and approval confirmed

Recognising Hypoxia: What Does Oxygen Deprivation Feel Like?

Hypoxia at altitude doesn't always feel dramatic—at first. It can creep up subtly. That's why many patients get caught out. They think they're just tired or jet-lagged when in fact they're not getting enough oxygen to vital organs.

- Sudden or persistent breathlessness
- Confusion or difficulty concentrating
- Headache or light-headedness
- Rapid heartbeat
- Cyanosis (bluish lips or fingertips)
- Chest pain or palpitations

Always inform a flight attendant immediately if you or your travel companion feel unwell at any point during the flight.

Last-Minute Tips Before You Fly

- Use a carry-on with wheels – POCs and batteries are heavy.
- Double-bag your cannulas – Label each with name and date.
- Print your clearance forms – Cabin crew may request them.
- Hydrate – But pace yourself. Cabin dryness is real.
- Don't trust aircraft power – Bring charged batteries.
- Label your kit – Chargers get left in lounges more than socks.

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Whilst SkyCare Repatriation Ltd strives to provide accurate and up-to-date information, airline policies and medical guidance may change without notice. This document is intended as general guidance only and should not replace advice from your own doctor. Always consult your GP or healthcare professional before travelling, and confirm requirements directly with your airline.