



Traveling with Hypophosphatasia

Airline Travel: Step by Step

Travel by air for people with any health issues, handicaps, disabilities or special needs, can be challenging. Here are some tips to help you plan ahead.

1 Seat Location

Aisle seats allow for easier mobility. Consider proximity to a restroom. **Avoid booking an exit row, as the FAA rules state that people with mobility issues are not allowed to sit in these rows.**

2 Communicate Your Needs

If assistance from airline staff is needed to get to the plane or your seat(s), speak with a gate agent and communicate your needs. When traveling internationally, consider printing out special needs ahead of time in multiple languages.

3 Timing is Everything

If extra time to board or deplane is needed, be sure to communicate with the gate agent and flight attendant. If a wheelchair or mobility device will be needed, upon landing, be sure to stay seated until you know your device is accessible. **Flight attendants are required to stay on the airplane until the last passenger deplanes. However, they are only required to assist with people on the plane.** Once you deplane, other arrangements must be made. Use the airport special services wheelchair to get to or from the gate.

4 Renting vs Transporting

It may be easier to rent a wheelchair/scooter or stroller vs. transporting your own. Plan ahead if you transport your own. With a battery-powered wheelchair or scooter, airlines ask that you check in at least one hour before your flight to properly prepare the chair for loading into the cargo section of the plane. The goal is to make every effort to load the chair in an upright position and without disconnecting any components. However, some batteries are subject to dangerous goods handling procedures and may require special packaging. **We recommend that you have written instructions available to explain how to disassemble your wheelchair.**

5 Medication

While traveling, **be sure to pack more medication and supplies than you anticipate you will need.** Be sure to bring a printed list that includes physician names, addresses, fax numbers (for faxing prescriptions), medical diagnosis, names and dosages of medications, and any allergies.

6 Strensiq® (asfotase alfa)

Plan to carry on your medication to ensure proper temperature control. **Checked bags can get lost so keeping medication with you is a priority!** TSA security procedures allow for carry-on medicines in pill or solid forms. Liquid medications are permitted in carry-ons in excess of 3.4 ounces without a sealed plastic bag, however **you must alert the safety officers that you have liquid medication at the start of the screening process.** If you don't want medications screened by x-ray (for example, medications like epinephrine could be damaged during the x-raying process), make that request known to a TSA agent before screening begins.

NOTE: Studies have not been conducted testing whether asfotase alfa is impacted by exposure to x-rays. Please see our Traveling with Strensiq® Travel Tips sheet for more helpful information.

7 Inspect Medicine Prior to Consuming

Look carefully at your medications before taking them. **NEVER take any medication that has changed color or consistency or that has an unusual odor (*regardless of the expiration date*).**

8 Additional Medical Equipment

Let the airlines and flight attendants know if you have any additional devices such as a CPAP, BiPAP, or POC. Bring documentation from your doctor to ensure permission for use while in flight.

A forty-eight (48) hour minimum advance notification to the Accessibility Desk (check airline webpage for phone number) is required for customers using a ventilator, respirator, POC or CPAP machine on board.

The Accessibility Desk will ensure the device you are planning to use is on the list of currently approved devices, and will provide guidance on the number of batteries you will need for your flight. Customers can help by providing the airline with information from the manufacturer about the device meeting FAA regulations. Information should be provided at the time of booking.



Notes

For more information, please contact the Soft Bones Foundation

☎ (866) 827-9937 – Toll Free ☎ (973) 453-3093 – Direct Line

📍 141 Hawkins Place, #267 Boonton, NJ 07005 🌐 www.SoftBones.org

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