

# Travel Packing Checklist: CPAP & Supplies

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*Travel Light, Carry Love, Keep the Rhythm*

Use this checklist to make sure your CPAP and related supplies travel with you safely. Check items off as you pack to avoid last-minute stress.

## CPAP Essentials

- CPAP machine (in travel case)
- Power cord and adapter
- Mask (full face or nasal)
- Tubing
- Filters (extra sets)
- Water chamber (empty and clean)

## Accessories & Backups

- Extension cord
- Portable/battery backup
- Distilled water (or plan to purchase at destination)
- Voltage converter (for international travel)
- Cleaning wipes or travel-size sanitizer
- Copy of CPAP prescription or doctor's letter

## Travel Extras

- Waterproof pouch for supplies
- Small flashlight (for middle-of-the-night adjustments)
- Spare parts (mask cushions, headgear clips, etc.)
- Travel insurance info / medical card

