

Traveling with Asthma



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People with asthma should not feel they are being held back from family vacations, overnight camps, or sleepovers with friends due to their asthma. With mindful packing and careful planning, traveling is possible for individuals with asthma. By following necessary steps, individuals with asthma can have a safer and healthier trip, making their time away from home more relaxing and enjoyable.

Before Your Trip

- Refill prescriptions and pick up any over the counter medications
- Speak with your healthcare provider to create or update your asthma action plan, discuss any concerns or changes in your condition
- Check your healthcare insurance plan to understand what doctor or emergency visits that your plan will cover at your destination
- Check the weather conditions and air quality for your destination
- If traveling by car, replace air filters and clean the ventilation and air conditioning system, if possible
- Request a hotel room that is non-smoking and pet-free

During Your Trip

- Always carry emergency medications with you
- Know the nearest locations that you can receive medical treatment
- Avoid exposure to known allergens and irritants to prevent the onset of asthma symptoms
- Check the daily air quality for your area and take necessary precautions before participating in outdoor activities. When air quality levels are poor, travel with the windows rolled up and air conditioning on
- To reduce your risk of respiratory illnesses, a common asthma trigger, ensure that you are frequently washing your hands or utilizing hand sanitizers

References:

Allergies and Asthma on Vacation - ACAAI Patient. (2024, April 22). ACAAI Patient. <https://acaai.org/resource/allergies-and-asthma-on-vacation/>

Packing List

- Medications with the original labeling, packed inside a carry-on
- Health insurance cards and list of medications and medical conditions
- Asthma equipment that may include: spacers, peak flow meters, and nebulizers
- Masks to wear if you are around known allergens or irritants, to reduce your exposure
- Personalized asthma action plans created with a healthcare provider

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For additional information on asthma:
www.asthma.in.gov

