

Help along the way

Traveling with Tube Feeding—Oley Webinar Handout

Travel in 2016: 17 trips (16 TSA experiences) & 84 nights away from home:

I used my home care company to deliver formula for 7 trips. I carried formula in my luggage for short driving trips. I carried formula in my carry-on for all flights. I bought formula locally in Italy and Spain.

- January:** (1) JAX(TSA)-ATL-LAX(TSA) (RT), Rose Bowl, 4 nights (home care delivery)
(2) FL Gymnastics, Gainesville 1 night (luggage)
(3) FL Gymnastics, Gainesville 1 night (luggage)
- February:** (4) FL Gymnastics, Gainesville 1 night (luggage)
(5) FL Gymnastics, Gainesville 1 night (luggage)
- March:** (6) FL Gymnastics, Gainesville 1 night (luggage)
(7) JAX(TSA)-JFK(TSA) (RT), Grandson & parents in CT, 5 nights (home care delivery)
- April:** (8) JAX(TSA)-DFW(TSA) (RT), NCAA Gymnastics, 3 nights (home care delivery)
- May & June:** (9) JAX(TSA)-JFK, Grandson & parents in CT, 4 nights (home care delivery)
(10) JFK(TSA)-Venice, Italy, 4 nights... Cruise, 12 nights... Barcelona, 4 nights, (bought formula locally in Italy and Spain) ...Barcelona (airport security)-ATL(TSA)-JAX
- July:** (11) JAX(TSA)-Las Vegas-Orange County(TSA) (RT), Oley, Newport Beach, CA, 5 nights (home care delivery)
- August:** (12) Beach House, 50th anniversary & family, 14 nights (luggage)
- September:** (13) JAX(TSA)-ATL-MSP(TSA) (RT), 55th school reunion, friends, family, 8 nights (home care delivery)
- October:** (14) Yulee, FL, Hurricane Matthew evacuation, 4 nights (luggage)
- November:** (15) JAX(TSA)-ATL-ALB, Oley consulting, 2 nights (formula in carry-on) ... drove to
(16) Stamford, CT, Grandson & parents, LGA(TSA)-JAX, 7 nights (home care delivery)
- December:** (17) Tampa, FL, Outback Bowl, 3 nights (luggage)

Travel in 2017: 10 trips (4 TSA experiences), 18 nights away from home through April. A notable trip planned will be a 3-day drive from Florida to Connecticut to see our grandson and his parents. We will rent a home for 28 days and then drive back to Florida for 3 days. Home care will deliver formula to the rental home; I will carry formula with me on the drives. Other trips in 2017 are planned like 2016. A 20-day trip to South Africa is planned for **2018**. I will buy formula locally.

Notable travel in other years:

2015: a 32-day cruise around South America, from Lima, Peru to Rio de Janeiro, Brazil – I carried all my formula in my luggage (ten 1000 mL bottles in each of four pieces of luggage; 40 bottles of formula weighed almost 100 pounds. I vowed that I would never do that again.) Eight months later we did a 10-day river cruise along the Mekong River, through Cambodia and Vietnam. I asked for my meals to be blenderized, but that caused diarrhea. For the rest of the trip, I purchased formula locally.

2014: a week in Paris followed by a 10-day river cruise to Normandy and return to Paris. I purchased formula locally.

2013: a 43-day trip to New Zealand with stops along the way in San Francisco (3 nights), Hawaii (5 nights) and Tahiti (4 nights). We stayed ten nights in a beach home on the coast east of Auckland, nine nights in a rental home in Manganui - five hours drive north of Auckland and nine nights in a rental home in the Bay of Islands, half-way between Manganui and Auckland, before flying home by way of Hawaii (two nights) and San Francisco (one night). My home care company delivered formula to San Francisco and Hawaii (twice, over and back). I mailed (U.S. Postal Service) four boxes of formula to Tahiti and our three destinations in New Zealand. The box sent to Tahiti never arrived. It was held by U.S. Customs, who returned it to me five weeks after our return home. A local druggist in Tahiti sold me a local nutritional formula. Three boxes to New Zealand were delivered with no problems. On a previous trip to New Zealand, I had arranged for formula with Abbott's headquarters office, but planned to buy syringes locally. I learned that luer lock syringes are used for bolus feedings in New Zealand. I needed male and female connectors. I visited the nutrition services department of a local hospital and they graciously donated all the syringes and connectors I needed.

2012: We took two cruises, one from Athens to Istanbul and the other from London to Barcelona. At that time, I was using a home care company that made international deliveries, now discontinued. They shipped to the cruise line office at the port of embarkation and the cruise line placed it in our cabin on our arrival day.

2011: The same home care company delivered formula and supplies for a 45-day cruise from Bangkok to Rome. However, after I emailed that I would like to have a spare MIC-KEY, they sent it overnight to our Bangkok hotel. However, it was held up by Thailand Customs. When we were cruising around India, we left the ship with a small group to fly to Akbar and see the Taj Mahal. I carried my formula in my carry-on and Indian airport security agents began shouting when they saw my formula. Fortunately, our Indian tour guide explained my situation to them and calmed them down.

Those experiences have taught me several lessons:

- (1) It is very easy to take formula with you on short driving trips.
- (2) Most home care companies will deliver formula and supplies anywhere you travel in the U. S., including Hawaii. They will not make deliveries to international destinations.
- (3) When flying, always carry a one day supply of formula in your carry-on in case of delays and missed flights.
- (4) TSA security staff are well trained and professional. I have never made advance arrangements. Only two words are necessary, "medical liquids". The carry-on bag is opened, the formula containers are swabbed and analyzed (no nitroglycerine or other explosive liquids) and the delay is only a few minutes.
- (5) A doctor's letter is seldom needed for U.S.-TSA airport security checkpoints. A doctor's letter, written in the local language (I use Google Translator) is very helpful with airport security in foreign countries.
- (6) Sending packages of formula internationally by USPS, UPS or FedEx is very expensive and subject to being held up by U.S. Customs or international customs offices. (U.S. postal service cost about 50% less than UPS or FedEx, but it was expensive nevertheless).
- (7) Carrying formula in your luggage on long international trips can be "burdensome" (hauling 100 pounds of formula in my luggage was a BURDEN).
- (8) For international destinations, carry all your supplies in your luggage (syringes, extension sets, backup MIC-KEY's, etc.), because equipment for tube feeding in other countries may be different than U.S. equipment.
- (9) Nutritional formula is available in most international destinations, usually manufactured by Abbott or Nestle. (Abbott and Nestle are global companies. Abbott has formula available in 130countries.) **For all my international travel, I buy formula locally in the countries I am visiting.**