

GUIDE TO TRAVEL

Travel tips to get your holidays off to a flying start.

TRAVEL TIPS FOR ALL



Collect important contact information in one place

- Note down the important phone numbers, email addresses and website information of your audiologist, speech therapist/rehabilitationalist and doctor.
- Visit the Cochlear website to familiarise yourself with the local customer service contact details at your destination. Or, use the *Find a Clinic* function on the website to locate the closest clinic to where you are staying.



Pack extra equipment and hearing accessories

- Remember to pack extra batteries*, cables and spare sound processors if you have them. When it comes to your hearing, it is always best to have extra working equipment on hand.
- You should also consider bringing a spare battery charger, microphone protectors, your drying equipment and a power adaptor suited to your destination.

- We recommend bringing a printout of your most recent MAP in case you need help with your sound processor. Ask your clinician prior to departure.

* Check airline regulations about carrying spare batteries in your check in or carry on luggage.



Security screening at airports and train stations

- Start by informing security personnel that you or your child has hearing loss and wears a hearing device.
- Walking through a security scanner will not affect your implant or sound processor, so it's not necessary to remove external hearing devices at security checkpoints. However, you may hear a buzzing sound when passing through the detectors.
- If you are asked to remove your sound processor, do not place it directly onto the conveyor belt as the static electricity could affect your MAP. Switch it off and store it inside your carry-on bag before putting it through the x-ray.



In-flight Entertainment

- Before you fly, ask your airline about their in-flight entertainment system. You may need to purchase an adaptor if their system uses a two or three prong socket.
- Make the most of your flight by accessing the plane's entertainment system. One way to access it is with the Cochlear™ Wireless Mini Microphone 2+. Plug the cable supplied into the plane's audio out-socket.

* Please note: Airline staff may ask you to discontinue use during take-off and landing.



At your destination

- If you are staying in a hotel, don't forget to inform the check-in staff that you have hearing loss. This way, you can give them permission to wake you up in the event of a fire alarm or emergency evacuation.

TIP: Check with your local customer service team if the Cochlear Family card is available in your country. It is a wallet-sized plastic card that is designed for travel and for situations when you need to explain that you are a cochlear implant recipient.

TRAVEL TIPS FOR CHILDREN



Use travel time to work on listening and language development

- For car travel, you can pack your child's favourite music or play an alphabet based game like "I spy", or running through all the letters of the alphabet and naming animals that correspond to each of those letters.
- If you are flying, consider bringing books to read aloud, an activity workbook or a smart device for your child. There are listening and language development apps available for children with hearing loss. We recommend downloading these apps before getting to the airport.



Create a calendar countdown

- Post the calendar on the refrigerator/ wall and talk about what is going to happen during the trip and how you will get there. Children tend to be creatures of habit, and many children with hearing loss are often accustomed to a routine. A change in that routine could be difficult for them, so helping your child adjust prior to your trip will make it much more fun and memorable for all!

For more information contact your local customer service team or get connected with Cochlear Family to receive updates on device usage.

Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use and refer to the relevant user guide for more information. Not all products are available in all countries. Please contact your local Cochlear representative for product information. Consult your health professional to determine if you are a candidate for Cochlear technology.

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