

Recreation and Camping Guide

Living with an LVAD does not mean staying inside. With preparation and awareness, many patients are able to safely enjoy time outdoors, including camping, day trips, and recreational activities.

This guide is designed to help you plan ahead and feel confident. It is not medical advice. Always follow guidance from your care team.

BEFORE YOU GO

- Talk with your care team about your plans
- Choose a location with reasonable access to emergency services
- Check weather conditions and terrain
- Share your itinerary with someone you trust

PACKING ESSENTIALS

LVAD Equipment

- Primary controller
- Backup controller
- Multiple fully charged batteries
- Power base unit and cables

Medical Supplies

- Full medication supply plus extra
- Dressing supplies and backups
- Emergency contact information

Camping and Comfort

- Weather-appropriate clothing
- Waterproof storage bags
- Headlamp or flashlight
- Portable chair or resting option

POWER PLANNING

Power is your lifeline outdoors.

- Bring more batteries than you think you will need
- Plan how you will recharge
- Consider portable power stations if appropriate
- Keep batteries dry and temperature controlled

SITE SELECTION

Choose a location that supports safety and accessibility.

- Avoid remote areas without cell service if possible
- Stay within reasonable distance of a hospital
- Choose flat, stable ground
- Avoid areas prone to flooding or extreme weather

WATER AND WEATHER

Protect your equipment from the elements.

- Keep all equipment dry at all times
- Use waterproof bags or containers
- Avoid heavy rain exposure
- Be cautious with heat and cold, both can affect batteries

ACTIVITY GUIDELINES

Enjoy the outdoors while respecting your limits.

- Take breaks and pace yourself
- Avoid activities with high fall risk
- Stay aware of uneven terrain
- Listen to your body and rest when needed

SLEEPING SETUP

Plan your overnight environment.

- Ensure safe, stable placement of equipment
- Keep power sources accessible
- Avoid tangling cables
- Make sure you can easily reach your equipment at night

TRAVEL COMPANION AWARENESS

If you are not alone, make sure others are prepared.

- Show them your equipment
- Explain basic awareness of your LVAD
- Share who to call in an emergency

EMERGENCY PREPAREDNESS

Have a clear plan before anything happens.

- Know your nearest hospital location
- Keep your LVAD coordinator contact available
- Carry your emergency information card
- Do not hesitate to seek help if something feels off

REAL-WORLD TIPS

- Plan for the unexpected, not the ideal scenario
- Keep everything organized and easy to access
- Set up your space as soon as you arrive
- Confidence comes from preparation

