Flying with saline and lens supplies

Page 1 is a short letter your eye doctor can complete and sign. Page 2 is a checklist for packing and for airport security.

Do you need a letter? At US airports, TSA's guidance doesn't say a doctor's letter is required: you tell the officer about your medically necessary liquids at the checkpoint. A letter can still help, especially abroad. At UK airports, a liquid medicine in a container over 100ml needs a letter from your doctor or a copy of your prescription.

To airport security and travel staff

Patient name

Date of birth

The person named above is my patient and wears scleral contact lenses for a medical eye condition. To wear and care for these lenses safely, they need to carry the following medically necessary liquids and supplies with them, including in their carry-on bag:

- ☐ Sterile, preservative-free saline (single-use vials or bottles) to fill the lenses
- ☐ Lens cleaner
- ☐ Disinfecting or storage solution, with its lens case
- ☐ Lubricating eye drops
- ☐ Prescription eye drops
- ☐ A lens inserter and removal plunger

Other items:

These are needed throughout the journey. Please contact my office with any questions.

Signature

Doctor's name and credentials

License number and NPI

Practice

Phone and fax

Date

Checklist: flying with scleral lenses

Before you go

- [ ] A full kit in your carry-on: saline vials, your cleaner, a clean case, solution in its own bottle, your remover and inserter, and your glasses
- [ ] A backup of every product
- [ ] Supplies in their original, labeled containers
- [ ] Ask your fitter whether your usual system works for travel days, especially hydrogen peroxide, which needs its full soak time
- [ ] This letter, your My lenses card, and your emergency wallet card
- [ ] The security rules for every airport on your route, including the way home

At US airport security (TSA)

- Liquids in carry-on bags are normally limited to travel-size containers of 3.4 ounces (100 milliliters) or less, in one quart-size bag.
- TSA allows larger amounts of medically necessary liquids in reasonable quantities for your trip, but you must declare them to officers at the checkpoint for inspection. Tell the officer before screening begins.
- Take your medically necessary items out of your carry-on bag and put them in a bin.
- If a liquid alarms, it needs extra screening, and an item that can’t be cleared may not be allowed. Officers may ask you to open a container.
- Some contact lens solutions contain chemicals that typically alarm. TSA recommends putting contact lens solutions over 3.4 ounces in your checked bag.
- The final decision on whether an item is allowed rests with the TSA officer.

At UK airports

- At most airports, liquids in containers over 100ml can’t go through security. The rules depend on the airport, so check your departure airport, any connecting airports and your return journey.
- Containers up to 2 litres are allowed at all UK airports if they are for essential medical purposes.
- For a liquid medicine in a container over 100ml, carry proof that it’s prescribed to you, such as a letter from your doctor or a copy of your prescription. Staff may open containers to screen them.

Everywhere else

Each country, and sometimes each airport, sets its own rules. Check the official airport or government security page for every airport you’ll pass through.

Rules change. Check tsa.gov and gov.uk before you fly. Sources (checked October 11, 2026): TSA, What Can I Bring? Contact Lens Solution; TSA Cares, Disabilities and Medical Conditions; TSA, Liquids Rule; GOV.UK, Hand luggage restrictions: liquids, and medicines. Links: sclerallensguide.com/tools/printable-forms/