



This checklist is designed to help you in making travel plans and compliments FAACT's [Traveling with Food Allergies](#) content located on the FAACT website. Checklist items may or may not be applicable to every travel situation and should only to be used as a reference. Please direct any medical questions and concerns to your medical provider and follow his or her instructions regarding travel.

## Emergency Medication and Documentation

- Pack emergency medication and medical documentation in carry-on luggage
  - Two doses of auto-injectable epinephrine
    - In original boxes with prescription label attached, or a high quality copy of this
    - Epinephrine travel case
    - Obtain back-up prescription in case refills are needed or injectors are lost
  - Additional doses of epinephrine
  - Antihistamines
  - Inhalers and other asthma medications
    - Obtain back-up prescriptions in case refills are needed or medication is lost
  - Medical IDs (bracelets, chains, etc.)
  - Emergency action plans, signed by your medical provider
  - Medical note from your doctor (medical needs)
- Take photos of all medical documentation on your phone (or with a digital camera)
- Confirm method for calling emergency services at your destination
  - Ask your cellular plan provider about roaming fees at your destination
    - If you do not own a cell phone or your plan does not provide coverage at your destination, purchase a local prepaid cell phone upon arrival
- Document all emergency contact numbers before departure (including doctors, home and local pharmacies, etc.)
  - Provide copies of the checklist to family members and carry a copy with you

### Home

Pharmacy: \_\_\_\_\_  
 PC Doctor: \_\_\_\_\_  
 Allergist: \_\_\_\_\_

### Abroad

Pharmacy: \_\_\_\_\_  
 Hospital: \_\_\_\_\_  
 Allergist: \_\_\_\_\_  
 Emergency Services Number (e.g. 911, 999, 112): \_\_\_\_\_

- Pack all medical insurance cards, including prescription plan cards
- Consult with your medical provider about traveling best practices

Notes: \_\_\_\_\_



## Hotels

- Reserve a room with a kitchen, microwave, and refrigerator, if possible
- Request a pet-free and smoke-free room

## Dining Out and Snacks

- Pack enough safe snacks, foods, and beverages for the trip
  - Pack for the duration of the trip if you are not certain safe foods will be available at your destination
  - Use an appropriate cooler for storing perishable foods
- Pack restaurant allergen cards (including translation cards for travel abroad: Equal Eats)
- Pack dedicated eating utensils for use when traveling
- Carry auto-injectable epinephrine, other necessary medications, and emergency action plans
- Review, download, and print FAACT's "Dining Out" handout - a great resource to read while traveling!
- Call ahead to speak with restaurants about their allergen policies and note the information below:

### Restaurant #1

Establishment Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Contact: \_\_\_\_\_  
 Non-busy times: \_\_\_\_\_

### Restaurant #2

Establishment Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Contact: \_\_\_\_\_  
 Non-busy times: \_\_\_\_\_

### Restaurant #3

Establishment Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Contact: \_\_\_\_\_  
 Non-busy times: \_\_\_\_\_

## Grocery Shopping

- Call ahead to obtain store locations, hours, and to inquire about products
- Familiarize yourself with labeling laws in foreign countries, if you are traveling abroad

Notes: \_\_\_\_\_

## Transportation (airplanes/trains/ships)

- Inform guest services about your allergies and specific needs
- Inquire about current policies in place and emergency protocols
- Make accommodation requests as necessary



- Pack fitted sheets to cover seats on planes/trains
- Make requests for allergen-free meals and other needs
- Requests that announcements be made as necessary
- Pre-board to wipe down areas surrounding your seats
- Pack personal blankets and pillows for long haul trips

Notes: \_\_\_\_\_

## Travel Agent and Support Organizations

- Notify your travel agent of your intent to travel with food allergies and discuss options
- Locate a local support group at your destination area for recommendations
  - Inquire about restaurants, emergency procedures, grocery stores, and other local resources

Notes: \_\_\_\_\_

## Other Items to Pack

- Hand wipes
- Cell phone back-up battery or charger
- Safe shampoos, lotions, and sunscreens
- Spare change to use in emergency (tolls, phones, etc)
- Plastic bags to ensure medications and phones do not get wet
- Extra safe foods and snacks in all luggage bags
- Duplicate medical documentation in checked luggage
- Allergy-friendly cleaning detergents\*
- Cooking utensils and kitchen supplies\*
- Sheets and pillow covers for bedding\*
- Safe insect repellent and anti-itching medications
- Translation dictionary (if traveling abroad)

*\*For transportation other than air travel*

Notes: \_\_\_\_\_

## Upon Arrival

- Inform all individuals in your party of the following:
  - Emergency services numbers
  - Medication location and proper storage instructions
  - Emergency procedures
  - Location and a clear understanding of important emergency documentation
  - Location of hospitals

Familiarize yourselves with the layout of your destination facility (emergency personnel, first aid center, concierge, etc.)

Notes: \_\_\_\_\_