

This checklist is designed to help you in making travel plans and compliments FAACT’s [Traveling with Food Allergies](#) content located on the FAACT Web site. 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): _____

Emergency Medication and Documentation (continued)

- 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)
- 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](#)" Web page – 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:
