



FAACT's Traveler's Checklist *for those with* Food Allergies



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 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 medicine is 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: _____

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FoodAllergyAwareness.org



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 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: _____