

# Traveling *with* Food Allergies?



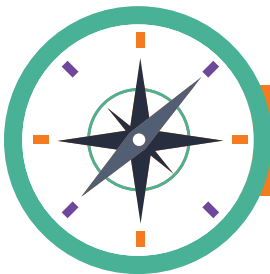
## Always Carry:

1. Two (2) epinephrine products & other required medications
2. A medical note from your doctor
3. Back-up prescriptions
4. Insurance cards
5. Emergency contacts
6. Copies of your emergency action plan signed by your doctor



## When Traveling:

1. Carry medication in original containers with prescription labels attached.
2. Check with your airlines or other transportation departments for their policy regarding your need to carry medications onboard, and do so prior to arriving at the airport or gate.
3. Do not check medications in luggage, since unexpected situations can occur (e.g., lost or damaged luggage, extreme temperatures, aircraft changes, etc.).



## Upon Arrival:

Make sure everyone in your party understands emergency procedures *including:*

1. How to contact local emergency services
2. By what method emergency services will be called
3. Where emergency medications will be kept

#Know*the*FAACTs

[FoodAllergyAwareness.org](http://FoodAllergyAwareness.org)