

MEDICATION

- Discuss** any travel concerns with your doctor and complete an allergy action plan for your trip
- Medication for duration of trip
- Spare medication for duration of trip in case it is lost, luggage is delayed, or a higher dose is required
- Medication bag to easily transport medication from bag to bag during the trip
- Request a letter that confirms a food allergy diagnosis specifically stating the need to carry medication and/or food.

BOOKING THE FLIGHT

- Read the airline's allergy policy** in advance of purchasing tickets and save it to your phone or print it out to bring with you when travelling.
- Contact** the airline through email or phone to review the policy and address any queries. If there is an "additional notes" section when booking your ticket, **declare your allergy here and any special requests.**
- Ask to obtain **verification of arrangements in writing** through email and bring a copy with you as evidence when you travel.
- Ask that your **information is forwarded to the flight staff**

ACCOMMODATION

- Inform the accommodation hosts about your allergy and discuss any special arrangements if required.
- Consider accommodation with a self-catering option.

TRAVEL INSURANCE

- Discuss travel insurance with your doctor and travel insurance provider, if necessary.

EMERGENCY NUMBERS

- Save the number of the nearest **health centre and hospital** in the location you are travelling to and save your emergency contacts under the name of I.C.E (In Case of Emergency).
- Save the **number and address of your accommodation** so that you can easily access it asked.

MEDICAL ID

- Add your **emergency contacts to the medical ID** section on your mobile phone and input details of your allergy and medication, specifying where to locate you medication.

Wear a **medical identification such as a bracelet, card or badge** if necessary.

EVERYDAY BAGPACK

Medication

Hand sanitizer, sanitizing wipes

Tissues

Mobile phone, charger and battery pack

Get a **translation card in the local languages** of the places you are travelling and write down the names of local dishes that may contain your allergen so you can avoid them. Save this to your phone so it is easy to access.

Pack your own **safe food** for travelling and some non-perishable snacks with you in case you can't access safe food when you land.

Consider bringing a food flask to bring meals on the go if you cannot find a suitable food establishment

DAY OF TRAVEL

Remember to pack your medication (auto-injectors/antihistamines/inhalers/any other medication prescribed by your doctor), in your carry on luggage.

Inform those travelling with you about your allergy and where to locate the auto-injector.

Remind the gate agent of your child's allergy and ask, if possible, to pre-board the plane to clean the area around where you are sitting.

Clean the seat and surrounding area including the table, arm rests, window shade, light switches, and call buttons. Consider using a blanket or seat cover if necessary. Avoid using airline pillows and blankets as they may not be cleaned between flights.

Ask the airline staff to make an announcement that someone on board has a food allergy and to please refrain from opening any products that contain that allergen for the duration of the flight.

ALLERGY ACTION PLAN

Complete an allergy action plan with your doctor and bring this with you on your travels.

The key to making your trip safe and enjoyable is planning ahead.

Have a wonderful trip!