



Travel Tips

World Travel with Food Allergies

*Especially for you from Allergy Force
—the food allergy management app*





TRIP PLANNING CHECKLIST

Travel Tips: World Travel with Food Allergies

PHASE 1: TRIP PLANNING

1. Getting Started:	Done
<ul style="list-style-type: none">Select method for organizing trip (pencil & paper to do lists, app, desktop tool)	<input type="checkbox"/>
2. Researching Destinations:	Done
<ul style="list-style-type: none">Identify potential destinationsContact tourist boards to evaluate destinations for allergy sensitivity/awarenessSelect destination(s)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3. Researching Accommodations and Advance Restaurant Recommendations:	Done
<ul style="list-style-type: none">Complete online research comparing hotel/resort availability, amenities, pricingCall and speak to hotel/resort staff/management at top choicesBook accommodationsRequest hotel/resort recommendations on local dining optionsResearch hotel restaurant recommendations onlineCall and speak with managers/chefs/owners at recommended restaurants	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4. Booking Travel Arrangements:	Done
<ul style="list-style-type: none">Research airline options on line: departure airports, routes, availability, faresContact airline reservations to discuss food allergy policies and accommodations; ask them to document the conversation outcome in the reservation fileBook flight(s)Reserve a rental vehicle, if needed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5. Consulting the Doctor:	Done
<ul style="list-style-type: none">Check expiration dates on all epinephrine auto-injectors (EAI's) and antihistamineCall Doctor and obtain prescriptions for refills and back-upsConsult with Doctor re: travel-related concernsObtain Doctor's letter stating 'fit to travel' and listing medications for SecurityFill EAI prescriptions and replace any expired antihistamine	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6. Other Advance Planning Items:	Done
<ul style="list-style-type: none">Communicate travel plans to family and friends who will not travel with you: flight details, hotel arrangementsOrder medical alert id bracelet/necklace and start wearing it (make it a habit)Print out List of Emergency Contacts (x2) & Emergency Action Plan (x2)Print out food allergy and cross contact explanations OR download translation appDownload tools to track your location and share with family staying behindReview mobile carrier plan for international call and data coverage and adjust coverage, as needed, to help with emergencies during tripNote emergency call number(s) for destination country(ies) & procedures	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7. And finally... Packing:	Done
<ul style="list-style-type: none">Pack baggage to be checkedPack carry-on luggage with medical kitPrepare folder with allergy documentationPack passportShop for easily transported foods & snacks you've eaten safely beforePack food for tripOther: Water the plants? Take the pup to the kennel?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



TRIP PLANNING CHECKLIST

Travel Tips: World Travel with Food Allergies

PHASE 2: DEPARTURE & TRAVEL DAY

1. Leaving Home — Departure Day:

Done

- Triple check carry-on items
- Do not forget passport, medical kit, and allergy documentation
- Other: Take out the trash? Lock up tight?

2. Waiting for Departure:

Done

- If using the restroom or shopping, be mindful of touching things. Wash hands.
- Speak to the Gate Agent
- Pre-board
- Brief Cabin Crew
- Sanitize assigned seating area
- Stow medications within easy reach and let the Cabin Crew know their location
- Explain all food allergies to any seatmates
- Use wipes to open restroom doors and storage bins. Wash hands or use wipes and hand sanitizers frequently, though washing is best.

PHASE 3: DESTINATION ARRIVAL

1. Check-in at the Hotel or Resort:

Done

- At check-in, speak directly with the hotel/resort manager & identify the food allergic traveler
- Double check that your room was cleaned with extra care and all in-room snacks have been removed
- Meet on-property restaurant manager/chef, as needed and available
- Request assistance translating any hard copy printout of your allergy explanation into the local language for restaurants and excursions
- Relax. Have Fun. Explore. Be Safe!



—the food allergy management app

The Allergy Force app has everyday features you'll use all the time to make food choices when on-the-go. And emergency features (we hope you'll never use) that could save your life if you make a mistake. All on your phone. All within reach. When you need them most.

Learn more at www.allergyforce.com

