



Travel Tips

World Travel with Food Allergies

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



TOP TIPS TO KEEP TOP OF MIND

Travel is a process, but the joys of travel, the lifetime memories you create and the connection to different people, history and cultures will enrich your life beyond measure.

Don't forget to pack your sense of humor and your ability to keep travel trials and tribulations in perspective.

1. Keep calm and carry on: Remember that travel requires flexibility. You can plan every detail to the nth degree and there will always be hiccups.

2. Communicate! Communicate! Communicate! Communication is essential at all times during your trip. People don't know what you don't communicate. You can never over-communicate with food allergies. Wash-Rinse-Repeat!

- Tell the hotel about your allergies when you book
- Tell the airline about your allergies when you book
- Explain when you check-in at the airport if you speak with an agent vs. self-check-in
- Explain again to the Gate Agent
- Explain again to the Cabin Crew
- Explain everything to the check-in person at your hotel and resort, as well as the manager
- Explain again to the restaurant manager or chef.

3. Be proactive to reduce your risk: A study -- led by author and pediatrician Matthew Greenhawt MD, MBA, MSc of the University of Michigan's Food Allergy Center and C.S. Mott Children's Hospital -- found that survey respondents significantly lowered the probability of an allergic reaction on flights when they:

1. Requested any kind of special accommodation
2. Consumed only peanut/tree nut-free meals
3. Wiped tray tables
4. Brought and used their own blankets and pillows
5. Had buffer zones created around them where peanut/tree nut products could not be consumed
6. Requested other passengers not to consume peanut/tree nut-containing products
7. Had the Cabin Crew make an announcement requesting that passengers not eat peanut/tree nut-containing products during the flight
8. Avoided eating any airline-provided food

The study, which was published in the [World Allergy Organization's Journal](#), surveyed 3,200 people from 11 countries. Of those, 349 (more than 1 in 10!) reported having an allergic reaction during a flight.

4. Give yourself sufficient lead time for planning and execution:

- Allow enough lead time for trip planning — research, booking flights and hotels, and obtaining documentation and guidance from your Doctor (prescriptions for refills, prescriptions for back-up EAI's, a letter for airport Security and Gate Agents).
- Allow enough lead time to fill medication prescriptions. This may take longer than you anticipate if there is an EAI shortage.
- Once you've zeroed in on your hotel or resort, speak with the hotel restaurant manager and/or chef regarding your allergies. Also ask the hotel or resort manager or concierge for restaurant recommendations in the vicinity. If time permits you can pre-screen the restaurants online and by calling and speaking with the restaurant manager/owner/chef about your allergies – before you go.
- Allow enough lead time the day of travel to arrive at the airport well in advance of your flight. You will want to clear Security calmly, and have time to speak with the Gate Agent about your allergies.
- On the ground during your holiday, continue to research restaurants in advance with help from hotel/resort staff. For meals, try to avoid visiting restaurants at peak hours so restaurant management can attend to your needs.



—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

