



# **Flight Strategies Guide**

## **World Travel with Food Allergies**

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





# FLIGHT STRATEGIES GUIDE

## World Travel with Food Allergies

### 1. WHEN BOOKING YOUR FLIGHT

TRIPLE CHECK:  
YES NO

**1. Discussed family allergy situation with airline representative when booking tickets. Discussed airline's food allergy policies and how the airline can accommodate family's allergy profile.**

 

- Asked if the airline could refrain from serving your allergens at greatest risk of aerosolizing (e.g., peanuts, tree nuts)
- Asked if allergen-free meals are available and requested one<sup>1</sup>
- Asked if family could pre-board to clean seating area
- Asked if buffer zone could be created in front of and behind row
- Asked if an onboard announcement could be made
- Asked if conversation could be documented and provided to gate agent and cabin crew for reference

**2. Booked direct flight {if possible}.**

 

**3. Booked first {earliest} flight out in the morning {if possible}.**

 

**4. Requested window seat for allergic passenger. Buffered allergic passenger from other passengers and from aisle to extent possible with seating choices<sup>2</sup>.**

 

### 2. BEFORE YOU LEAVE HOME

TRIPLE CHECK:  
YES NO

**1. Packed sufficient + extra food for multiple snacks and meals.**

 

- Doubled up on quantities in case of flight delays
- Packed foods in clear plastic bags so security can see without handling
- Packed only tried and true foods that have been eaten before, safely

**2. Packed all emergency medication in carryon luggage to be stowed in easy reach.**

 

- Packed medication separately
- Packed original labeling for medication in case security must see it
- Packed doctor's note describing medical condition(s) and required medication

**3. Packed other important items to keep in easy reach during journey.**

 

- Packed (2) copies of the emergency action plan
- Packed printout of the airline's food allergy policy (in case of issues during check-in)
- Packed supplies for sanitizing seat area on the plane (e.g., wipes with bleach, handwipes, hand sanitizer, protective barrier to cover seat, travel blanket and pillow.)

### 3. WAITING TO BOARD

TRIPLE CHECK:  
YES NO

**1. Avoided browsing in airport stores. Did not buy food.**

 

**2. Avoided touching surfaces commonly touched by others' hands. Hand sanitized frequently or washed hands when possible.**

 

**3. Wiped down seating in lounge, particularly arm rests.**

 

**4. Only ate trusted food brought from home.**

 

**5. Spoke with gate agent at departure gate. Covered: "We are traveling with food allergies || We've requested XYZ accommodations || We need to pre-board".**



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### 4. SETTLING IN AFTER BOARDING

TRIPLE CHECK:  
YES NO

**1. Was polite & respectful to cabin crew. Worked to enlist them as allies.**

 

- Explained allergies to cabin crew
- Stowed carryon with medication and emergency plan within easy reach
- Showed cabin crew where medication was stowed (if traveling solo); otherwise travel partners are in the know

**2. Sanitized seating area.**

 

- Used wipes with bleach to sanitize seating area: window ledge, tray table, seat belt, arm rests, seat itself, surfaces around outlets, storage pocket on back of seat in front of seat
- Installed disposable seat cover, if available
- Unpacked personal travel blanket and pillow

**3. Explained allergies to other travelers in same row <sup>3</sup>.**

 

**4. Used personal travel blanket/pillow carried on. Not those provided by airline.**

 

**5. {Only} Ate familiar, trusted foods carried on board vs. airline offerings.**

 

**6. Minimized surfaces touched inside aircraft.**

 

- Avoided touching bathroom door handles/surfaces, overhead storage handles
- Used wipes to open and/or washed hands after touching surfaces
- Consciously avoided touching mouth and eyes during flight

**7. Thanked cabin crew and seat mates upon deplaning.**

 

**8. In case of emergency: followed emergency care plan exactly, quickly. Alerted cabin crew at first sign of a possible reaction.**

 

**Notes**

1. Risk of cross contact is high on airlines—crew has limited space to prepare meals and serve, and may not be knowledgeable about food allergies. Caution would suggest only eating food you've eaten before that you've brought on board.
2. If no window seat is available, buffering the allergic passenger with family seated on either side is a good Plan B.
3. Sometimes, day of, you can shift to an unoccupied row at takeoff, but would need to re-sanitize before settling in. This is harder to do when traveling as a group.



—the food allergy management app

The app has everyday features to communicate your allergies and make decisions on-the-go. Plus, it offers emergency features that could save your life when you have an allergic reaction. The Allergy Force App...empowering you to live your best life.

[www.allergyforce.com](http://www.allergyforce.com)

