

Anaphylaxis Sufferers Travel tips

Think Ahead-

- Consider alerting the airline of your life threatening allergy.
- Ask the travel agent to check with the carrier for their **snack food policies**.
- If you intend to bring your own food on board the flight find out the acceptable **cabin baggage size** to make sure your food bag is not too large.
- Make sure you have **adequate medical insurance** before travelling.
- Have your **allergens translated** into the native language of your holiday destination to remove the language barrier and avoid any misinterpretation.

Medical Considerations-

- Check with your doctor regarding your **medication requirements for travelling** (number of epinephrine auto injectors, antihistamine, inhalers, steroids)
- **Ask your GP for a letter** to explain your condition and your need to carry auto injectors on board the aircraft. This letter can be presented to check in/security staff.
- Find out the **location of the nearest hospital** at your destination. Also familiarise yourself with the phone numbers of the emergency services and local doctor.

Ready For Take Off-

- Mention to the flight attendant when boarding you have a serious allergy and ask them to **request other passengers to refrain from eating the food you are allergic to** on board the flight.
- **Carry disposable wipes** in your hand luggage and use them to wipe down the food tray and arm rests as the previous passenger may have handled nuts while on board.
- If travelling with another person divide the epinephrine injectors between you. If your bag gets mislaid you will have backup. **It is advisable to carry all medications in your hand luggage** as the hold of the plane frequently drops to very low temperatures and this may inactivate some medications.
- **Keep your medication accessible** and ensure your travelling partner is aware of the symptoms of an anaphylactic reaction and knows how to administer your medication in an emergency situation.
- **Bring your own food** on board the flight. Airlines may not be able to guarantee the food they serve has not come into contact with your allergen. Bring some extra food to cover if your flight is delayed.

Happy Holidays-

- Pack some dried packet food/tinned food you know is safe for you to eat. When buying food **abroad do not take any chances**. Make sure the ingredients have been thoroughly checked and are free from your allergen. Play it safe in restaurants, be sure the staff take your allergy seriously and there are no communication problems.