



# ROAD TRIP CHECKLIST FOR FOOD ALLERGIES

To help you prepare to travel with food allergies, review this list before your trip!

## Medications and Forms



- Check the expiration date of epinephrine auto-injectors
- Have extra medication on hand
- Print and pack Food Allergy and Anaphylaxis Emergency Care Plan
- Fill out and print chef card



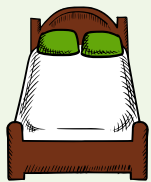
## Traveling

- Pack safe snacks or meals
- Bring wipes for surfaces and hands
- Be sure everyone knows what to do in case of an emergency

## Restaurants



- Research dining options along your route
- Call restaurants ahead and ask to speak to a manager or chef about their policies for managing food allergies



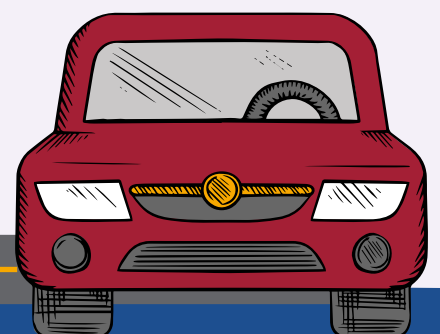
## Hotels

- Find accommodations with a microwave and refrigerator so that you can safely warm up and store safe foods
- Perform a visual inspection of your room upon arrival for loose food or residue
- Determine where the nearest emergency department is in case a reaction occurs

## Hosts



- Have a conversation with your hosts in advance to ensure they understand your food allergy safety rules



**FARE**

Food Allergy Research & Education

[www.foodallergy.org](http://www.foodallergy.org)