

Travel-Safe Allergy Checklist



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Don't let allergies be a travel concern. Prepare for a stress-free journey by ticking off the items on our Travel-Safe Allergy Checklist and ensure you're fully equipped for worry-free travel!

Before You Go

- Consult your allergist
- Print out Allergy Cards
- Check the expiration date on medication
- Be aware of local allergens
- Research emergency contacts & routes at your destination
- Verify travel insurance coverage for allergic reactions
- Inform travel companions of your allergies & how to assist in case of allergic reactions

What to Pack

- Refillable water bottle
- Sanitizing wipes & hand sanitizer
- Sufficient allergy medications
- Hypoallergenic pillowcases
- Allergy Cards or bracelet
- Written prescriptions for extra medication you may need
- Safe, non-perishable snacks in case of limited food options

TIP: Use travel apps or websites to find allergy-friendly restaurants and read reviews from other allergy sufferers

