

## TRAVELLING WITH ALLERGIES

### CHECKLIST

#### GENERAL

- Research the medical care at the destination and whether medications can be purchased there
- Find out whether allergies are common in the destination country and whether **allergen labelling is mandatory**
- Pack a copy of all medical **documents** required for emergencies.
- Pack an extra dose of all required **medications**
- Pack a **dictionary** or install a translation app

#### ARRIVAL AND DEPARTURE

- Order **special menus** on board airplanes or cruise ships by telephone in advance/on the website  
As an alternative, bring your own food (no liquids when boarding planes). If all of the food is not eaten, be aware that there may be restrictions on what can be brought into the country of destination!
- Inform tour operators** about your allergy **before booking** (for package tours)
- Pack emergency medications and a **doctor's certificate** in carry-on luggage  
(medications may need to be kept cool below a specific temperature)
- Pack **moist cleaning wipes** to wipe down seats and armrests
- Pack your own **pillow** (and blanket if desired)

#### AT THE DESTINATION

- Pack plenty of **snacks** and food for on the go
- On **domestic flights** or **ferry crossings**, **bring your own food** or order a special meal in advance

## ACCOMODATIONS

- Inform (all) hotel(s) about your **allergy (specifically which one)**
- Describe room requirements** (encasings, smoke free, pet free, ventilation, carpet-free floors)
- Describe meal requirements** (alternative: pack your own food or have it delivered to the hotel)

## RESTAURANT

- Find out about the **allergen management, allergen labelling** and **alternative menus** at the (hotel) restaurant. Check whether the staff has received special training
- Does the restaurant meet specific **environmental requirements** (smoke free, pet free, ventilation)?
- Prepare a **note in the local language and in English** with the information about **which allergens you are sensitive to** (with the help of a translator if necessary)
- Pack your **allergy passport**