



# 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 devices



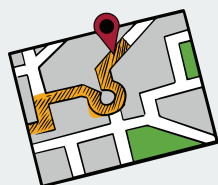
Have extra medication on hand



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

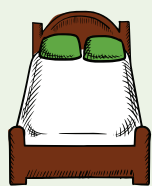
## Restaurants



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

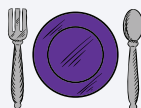


Perform a visual inspection of your room upon arrival for loose food or residue

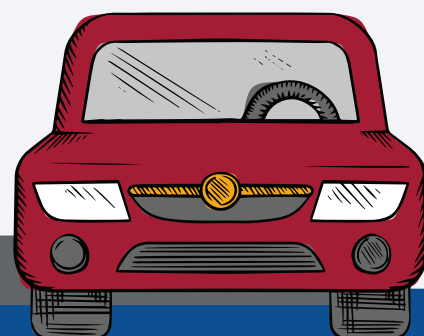


Determine where the nearest emergency department is in case a reaction occurs

## Hosts



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



**FARE**

Food Allergy Research & Education

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