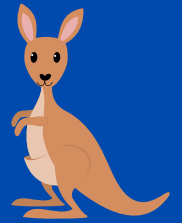




Quick Allergy Travel Checklist



- ☐ Medical: Medication list, prescriptions filled, Medical Letter for International Travel (including info about allergies and food needs).
- ☐ Travel Insurance: Research and purchase insurance that covers pre-existing conditions like allergies – check T&Cs.
- ☐ Flights: Choose direct flights, inform ground staff about allergies, and research airline food allergy policies.
- ☐ Accommodation: Book self-contained accommodation with a kitchen near amenities (supermarkets, pharmacies).
- ☐ Food: Plan easy meals, pack pantry staples and familiar condiments, and consider nut-free butter and non-dairy milk alternatives.
- ☐ Cooler Bag: Use a high-performance cooler with good-quality cold packs to store food and medication.
- ☐ Security: Pack medications and food separately for inspection, and have medical letters readily available.
- ☐ Phone Data: Download an ESIM for reliable mobile phone coverage while overseas.