



Booking The Flight

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1. Research the different airline's allergy policies
 - Are there allergy free meals available?
2. Pick your time of travel. Airplanes are usually cleaned overnight, lowering the chance of contaminated surfaces. If nut allergic flying first thing in the morning is probably a good idea but if egg and milk allergic a flight outside of breakfast hours may be a more suitable option
3. A child with an allergy should never travel unaccompanied by an adult who can assume their care
4. If you are worried, discuss your proposed flight with your GP or specialist



Flight Booked

Once your flight is booked, take responsibility for your own safety and ensure that you communicate your needs:

- Ensure that the airline you are dealing with is the one actually operating the flight. Some are franchised out to different airlines which may not have the same policy or not be advised of special arrangements.
- Speak to the airline customer service desk in advance about their policy for food allergic passengers so you fully understand what you need to travel and what they expect of you (e.g. your own medication, a doctor's letter etc.).
- Explain to the airline the potential problems which may occur. Do this calmly without making aggressive demands.
- If you are successful in securing special arrangements, ensure these are in place for all connecting and return flights. Try to obtain any verification in writing and take copies of airline letters with you when you fly.
- Ask that your information can be forwarded to the flight crew