

Preparing to Travel

Your Medication Checklist:

- Check expiry dates on your or your child's adrenaline auto-injectors and any other medication before you travel. Give yourself plenty of time to get a new prescription if your medication is due to become out of date whilst you are away
- If you have been prescribed an adrenaline auto-injector, practise regularly with a trainer device so you are confident in how to use it. Train family and friends how to use it as well.
- Register for the Expiry Alert Service for your adrenaline auto-injector devices to receive reminders by text or email when your device is about to expire
- If a doctor's letter is required, ensure this letter confirms your food allergy and indicating your need to carry your medication (adrenaline auto-injector) and food/drinks with you
- Carry at least two adrenaline auto-injectors when travelling. Depending on the length of your travels you may require more than two devices



Trainer Devices

To order an EpiPen trainer device, visit
<http://www.epipen.co.uk/patients/my-epipenr-resources/>

To order a Jext trainer device, visit
<https://adults.jext.co.uk/resources/>

To order an Emerade trainer device, visit
<https://www.emerade-bausch.co.uk/patient/order-trainer-pens>

The Country Checklist:

- Check the food labelling laws in the country you are visiting. Labelling laws will vary around the world. Labelling laws across the EU are consistent. Australia, New Zealand and the USA have their own food labelling regulations 
- Find out where the nearest hospital is and how to contact the emergency services in the country you are visiting 
- Contact the Embassy and/or Tourist Office of the country you're visiting to see if they can offer any information or advice 
- If you have an iPhone with the IOS 8 update, fill in your medical ID which can be found on the lock screen on the emergency call screen. You can tap in a contact number and the details of your allergies, reactions and medication. If you are travelling abroad, you could write this information in the local language (as well as in English) 

Miscellaneous Checklist:

- Organise travel insurance. See our website for travel insurance options for those travelling with allergies 
- Organise translation cards in the language/s for the country/countries you are visiting. Write down a list of translations of what you are allergic to and how to ask anyone about it 
- Purchase a medic alert bracelet or necklace that indicates your allergies 
- Be aware that some sun-creams contain peanut oil, also known as arachis oil 
- And don't forget your passport! 

Our Helpline

You can contact our helpline and information team at info@anaphylaxis.org.uk or call 01252 542 029 for support between Monday-Friday, 9am-5pm