

TOP TIPS FOR YOUR HOLIDAYS

Travelling with allergies can be stressful, especially when you're in new or unfamiliar surroundings. Here's a few of our top tips to help you feel confident and prepared for your next holiday!



RESEARCH

Before you travel, research the local cuisine and common allergens in the area. Different regions may have varying ingredients and cooking styles that could trigger your allergies. Knowing what to expect can help you plan meals and avoid potential allergens.



PLAN

Create a travel checklist so you are fully prepared and don't forget anything whilst planning the holiday. This can include: checking the airline allergy policy and organising travel insurance. It may also help to create a packing checklist.



ADVICE

If you are feeling worried, discuss your proposed travel plans with your GP or specialist. You may also need to get a doctor's letter to travel abroad with your medication. You can find travel certificates/forms for doctors on the Jext and EpiPen websites.



MEDICATION

If prescribed adrenaline auto-injectors (AAIs), always carry two with you. Let your travel companions know where they are and how to use them. Never put AAIs in hold luggage or leave them in stored bags. Keep them out of direct sunlight and extreme temperatures, use an insulated bag if needed.



RESOURCES

Take resources such as an allergy action plan, translation cards, and a medical bracelet with you. These will help you to communicate and ensure you receive the right care in case of an allergic reaction.



THE HIDDEN BATTLE WITH ALLERGIES

