



# Travel Checklist

*Be prepared and travel safely with dietary restrictions*

WHEN BOOKING	
Research airline policies	<b>NOTES:</b>
Research accommodation's food options	
Organize travel insurance	

ONE MONTH TO GO	
Check and renew your/your child's medication	<b>NOTES:</b>
Request doctor's letter (if required by airline)	
Update emergency care/action plan	
Order dietary translation cards	
Gather local info (emergency #'s, hospital address etc.)	

ONE WEEK TO GO	
Contact airline	<b>BUY SUPPLIES</b>
Ensure you have all medication	Antibacterial wipes
Research restaurants and contact	Medication
<b>NOTES:</b>	Safe snacks
	Other:

ON THE DAY	ON THE PLANE
Talk to ground staff at airport	Tell crew about your restrictions
Eat well before your flight/trip	Tell passengers around you
<b>PACK IN CARRY-ON-LUGGAGE:</b>	Make medication easily accessible
Emergency medication	<b>WIPE DOWN:</b>
Emergency care/action plan	Armrests
Doctor's note (for medication)	Headrest
Safe snacks	Tray table
Antibacterial wipes	Seatbelt

AT THE DESTINATION	
Visit local supermarket to stock up on safe food	<b>NOTES:</b>
Show dietary card to resort chef or restaurants	
Purchase safe food for return trip home	