



Travel Checklist

Be prepared and travel safely with dietary restrictions

WHEN BOOKING		
	Research airline policies	NOTES:
	Research accommodation's food options	
	Organize travel insurance	

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

ONE WEEK TO GO		
	Contact airline	BUY SUPPLIES
	Ensure you have all medication	Antibacterial wipes
	Research restaurants and contact	Medication
NOTES:		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
PACK IN CARRY-ON-LUGGAGE:			Make medication easily accessible
	Emergency medication	WIPE DOWN:	
	Emergency care/action plan		Armrest and headrest
	Doctor's note (for medication)		Tray table
	Safe snacks & antibacterial wipes		Seatbelt

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