



Top tips for airline passengers with food allergies

When booking your flight

1. **READ** the airline's allergy policy. Many airlines post their policy on their website. Then speak to the airline customer service desk 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.).
2. If peanut or tree nut allergic, **CHOOSE** an airline that does not sell or serve complimentary peanut/nut snacks with the beverage service if possible. This will decrease the risk of exposure to peanuts/nuts during the flight. Please note, you should not ask an airline to guarantee you a "peanut-free or nut free flight" flight. No airline will ever give you such a guarantee.
3. **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.
4. **NOTIFY** the reservation agent of your food allergy, and ask if your information can be forwarded to the flight crew.
5. **ARRANGE** for a letter from your doctor confirming your food allergy and indicating you need to carry your medication and food/drinks with you. Some countries have a Travel Plan for this purpose.
6. **ENSURE** your adrenaline/epinephrine is in its original packaging and is labelled by your pharmacy with your name. Have your emergency response plan with your medication and easily accessible at all times. Carry at least two auto injectors when travelling, especially when flying.
7. **A child with food allergy should never travel unaccompanied by an adult who can assume their care.**

The day of your flight

1. **WEAR** medical identification (e.g. a Medic Alert bracelet or necklace) indicating your allergies.
2. If required and possible, **ASK** the gate agent to let you pre-board the plane in order to inspect/clean your seating area. Use alcohol wipes (not just hand sanitizers) to wipe down the seat and tray table to help prevent contact reactions or inadvertent skin contact with food particles or spills. Eating food off a contaminated surface area could lead to accidental ingestion of allergens through contamination.
3. **PACK** your own food instead of eating airline food. However, you should check with the airline to see if there are any restrictions as to which types of food you are allowed to bring on board.
4. **KEEP** your adrenaline/epinephrine with you; do not put in packed luggage or store in the overhead locker. Let others you are traveling with know about your allergies and where your auto-injector is so they know what to do in case of emergency during the flight. If travelling alone, inform the flight attendant.
5. Consider **INFORMING** passengers sitting in your area about your food allergy. Keep in mind, however, that the airline will probably not make an announcement to the other passengers, and that passengers can eat food they have brought onto the aircraft.
6. **AVOID** using the airline's pillows and blankets, as they are often not washed between flights, only rewrapped. Carry your own if possible.
7. **If you have an allergic reaction INFORM** the flight crew immediately. Follow instructions on your emergency response plan and ask if there is a doctor (or medical professional) onboard to assist you.
8. **TREAT** the flight crew with respect. They are there to help you and we need to help educate them without making unrealistic or unnecessary demands.
9. **NEVER** take an unnecessary risk, especially when in the air away from access to medical help.

This list was created by the International Food Allergy Alliance - www.foodallergyalliance.org