

Traveling with food allergies

Our adventures... 3 countries and beyond

Our top 10 stress reducing travel tips

1. Always pack safe snacks and treats. With our sesame allergy, we pack breakfast and bread as we have found that is the most difficult.
2. I always know where the nearest hospital is! (we all know about what medications to travel with, but if not, ask your doctor/allergist and always make sure you have double)
3. Always have someone pre-board the airplane, if you can, and wipe down surfaces with wipes. I have also travelled with a twin sized fitted sheet to cover the seat and a disposable placemat to cover the seatback tray
4. Plan as much as you can in advance from hotels, rest stops, restaurants and cafes and attractions. Plan A, B, and C
5. Always carry wet wipes for hands and surfaces
6. Be polite and friendly.
7. Ask lots of questions, don't be embarrassed!
8. Stick to basic, simple foods, without sauces and seasonings. The plainer the better. We feel safer with grilled, whole food. For example: a chicken breast or steak, baked potato, etc.
9. Be inclusive. If you travel in large groups, like my family, we don't do activities that Emily can't be involved in.
10. Don't forget to breathe and remember you are on vacation and you got this!

Empower your self, your family and most importantly the person with the food allergy to take control, be prepared and enjoy every moment!