

Road Trip with Food Allergy Checklist

Medication and ASCIA Action Plan

- ☐ Adrenaline devices
- ☐ ASCIA Action plan
- ☐ Other medications (antihistamine, asthma puffers)
- ☐ Check expiry dates
- ☐ Take extra medication and prescription for each

Eating out

- ☐ Research dining options for your journey and at your destination. You may want to call ahead
- ☐ Remember, food options may be more limited in some places
- ☐ Use A&AA chef card
- ☐ Advise family or friends about allergies before you get there if they are preparing food for you

Where to stay

- ☐ Consider self-catering. You may be able to order groceries so they are there when you arrive.
- ☐ Rooms with fridge and microwave for food storage and reheating meals
- ☐ Consider a campervan or caravan with kitchenette

Pack supplies

- ☐ Snacks and meals that have been eaten before
- ☐ Storage to keep food cool
- ☐ Wipes for surfaces and hands
- ☐ Mobile phone charger



Getting help

- ☐ Be aware of areas with poor phone coverage
- ☐ Remote locations - you may have to get to medical help. Find out where hospitals, urgent care centres, GP clinics, and pharmacies are.
- ☐ Consider Emergency plus app. Gives your GPS location when used to call for help

