



Cruising with food allergy

Holidays for people with allergies can be challenging. Although there are no guarantees about not having an allergic reaction, cruising can be a fabulous holiday idea for people with food allergies.

WHEN BOOKING

- ▲ Disclose your food allergy when booking. Ask if there any paperwork that needs to be submitted before the cruise.
- ▲ Ask about what is and isn't allowed in terms of taking food from home/ the cruise ship for shore trips.
- ▲ Take out travel insurance – declare being at-risk of anaphylaxis when purchasing.

WHAT TO TAKE

- ▲ Take at least two adrenaline (epinephrine) autoinjectors (eg EpiPen®) (plus a spare if you can) and see GP about other medications/instructions you might need before cruising.
- ▲ An autoinjector training device (marked as a trainer and separated from the actual device so as not to confuse it with the real thing!). This can be handy for reminding others such as child care workers and new friends of your teen, for example, how to administer it.
- ▲ Your medication prescriptions, as well as sufficient medication. If more medication is needed elsewhere doctors will know what medication you are on and how often you are to take it.
- ▲ Colour copies of your ASCIA Action Plan for Anaphylaxis and ASCIA Travel Plan for People at Risk of Anaphylaxis to give to the ship medical centre/hospital and kids club/child care. Make sure you always keep a copy with your own medical kit/s.
- ▲ Cruise cabins often have a small refrigerator so you may be able to take along appropriate snacks for both on the cruise line and shore trips. Be sure to check with the cruise line what you are allowed to take on board as there are customs regulations and other rules about what can be taken on and off the ship.



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WHEN YOU BOARD

- ▲ Visit the medics in the ship hospital/medical centre and share a copy of your doctor completed ASCIA Action Plan and Travel Plan with them. Remember! Always keep copies in your medical kit with adrenaline autoinjectors as well.
- ▲ Speak to the person in charge of food and beverages (Maitre'D) soon after boarding. Ask what they do to cater to your allergies. They may suggest that you always eat at a set time, on a set table with the same wait staff.
- ▲ Always disclose your allergy at every meal. Ask if the appropriate allergen free meal can be brought out separately to help decrease confusion.
- ▲ Eat in the dining room as you can get next day's menu and order 24hrs ahead.
- ▲ Don't eat at the buffet as the risk of cross contamination is too great.
- ▲ You may be able to have members of your party eat at the buffet and have the allergen-free meal brought to your table directly from the kitchen.
- ▲ Some cruise ships offer a galley tour on which you can see how the kitchen deals with food allergies
- ▲ Ask if you can take food off the boat (packed by kitchen or yourself) when going off ship onto islands, as this is a safer option than island food. If this is not possible, eat a big breakfast and come back on board for lunch or afternoon tea.
- ▲ Have autoinjectors and ASCIA Action Plan on person when possible, and if not on person (because you are in pool/other) have a designated location (close by) they will always be in.
- ▲ If child is old enough for kids club/teen club disclose allergy to those supervising. Take an autoinjector trainer device to demonstrate its use to childcare staff. Take a copy of the ASCIA Action Plan for Anaphylaxis to give to child care staff and explain signs and symptoms of a reaction. Be sure to take your buzzer given by the kids club with you everywhere you go so you can be quickly located.
- ▲ Work on a family plan in case the person with food allergy has an anaphylaxis. Find out what you are meant to do soon after you get on the ship and then spend time discussing a plan for if something happens.

AND – when you are home share your stories with us so we can learn and build confidence from your experience! ■



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