

Adult travel plan

Name (as shown in passport)

Date of birth

Allergens to be avoided

For other details refer to this person's action plan for anaphylaxis.

Travel plan prepared by
 Dr/nurse
 Signed
 Date

Additional information

For people at risk of anaphylaxis (severe allergy)

This person is allergic and is at risk of a severe, life-threatening allergic reaction (*ana-fi-lax-is*) if exposed to the trigger(s) which cause their allergic reaction(s).

This person's action plan and emergency medications should be easily accessible at all times while travelling. Emergency medications may include one or more of the following: EpiPen[®], Anapen[®], antihistamines (as tablet or syrup), immunotherapy solutions and asthma medications (as detailed in their action plan).

They should be allowed a safe supply of food and liquids appropriate for the travel period.

This person is at risk of anaphylaxis. You may need to give them an adrenalin auto-injector immediately (for example, EpiPen[®] or Anapen[®]).

This is a single, fixed dose of adrenaline which can be life saving.

Please check his/her action plan which details when and how medications should be given.

Adrenaline auto-injectors must be carried on all airline flights in hand luggage or on the person.

The luggage hold of an aircraft is **not** an appropriate place for the storage of emergency medications as the medications:

- need to be readily available
- can be broken with rough handling
- may be lost if luggage goes astray
- should not be subjected to temperature fluctuations