



A checklist for those traveling with asthma and allergies.

- Confirm You Have Travel Health Insurance
- Get Your Prescriptions Ahead of Time
- Remember "Emergency" Medications
- Use a Packing List
- Know How to Get Through Security
- Make a Plan for Allergens and Triggers When You're Airborne
- Consider Triggers Where You're Staying
- Plan for the Activities You'll Be Doing
- Check Out Food Menus
- Wear a Medical ID Bracelet or Necklace



Emergency Contacts

- Doctor: _____ Phone: _____
- Pulmonologist: _____ Phone: _____
- Additional Contact: _____ Phone: _____
- Additional Contact: _____ Phone: _____