

# Air Travel with FPIES: Vacations, Medical Trips, Adventures

## Pre-Travel Checklist. . .

- Contact the airline one month prior to flight or ASAP post-booking
- Contact the airports you will be traveling from/to two weeks prior and two days prior to your expected travel
- Create an easily transportable folder with all necessary documents, medical & other(ex:TSA Disability Awareness card)
- Make a list of everything you will need to get your child through your travel plans, plus an additional 2-3 days
- Borrow or purchase a large carry-on that can transport food or formula safely (insulated can be helpful for keeping items cold)
- Discuss travel plans with your child's primary specialist
- Speak with other parents who have traveled with a child affected by FPIES
- Connect with a hospital close by to the area you will be traveling-- provide them with FPIES information (contact us for a packet)

## Questions to Ask. . .

- What foods/formula/cooking equipment do I need to pack? (make a list) Can I get a letter of medical necessity for the airline/airport?  
☆ \_\_\_\_\_
- What prescriptions need to be packed (including medical equipment, formula, etc)? What documentation does the airline request for these?  
☆ \_\_\_\_\_
- How close to my destination is the nearest ER? Will there be a language barrier and if so, do I have a way to translate basic information about my child?  
☆ \_\_\_\_\_
- Are there stores near my destination where I can buy safe foods? Which ones?  
☆ \_\_\_\_\_

## FPIES-Specific Information to Pack. . .

- Updated copies of your child's "FPIES Emergency Action Plan"
- ER letter from your child's doctor with any necessary special instructions
- Prescriptions for elemental formula, if your child takes formula. \*\* Due to the heat in the checked luggage area, you may want to pack all formula in a carry-on or ship it to your destination in advance
- General FPIES awareness info/ journal articles

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## ☆Important Contact Information☆

Airline: \_\_\_\_\_ Contact: \_\_\_\_\_

Airport: \_\_\_\_\_ Contact: \_\_\_\_\_

Hospital at Destination: \_\_\_\_\_

Medical Provider(s): \_\_\_\_\_

Personal: \_\_\_\_\_

## A Conversation with the Airport/ Airline. . .

- Is our child's bag of medical supplies & foods considered eligible for waived baggage fees?
- What documentation do I need to prepare for the airline regarding my child's condition and specific needs (formula, breast milk, etc)?
- What can I expect to experience at the security checkpoint and/or customs in regards to my child's medical supplies and/or food?
- How early should we arrive at the airport prior to our flight?
- If I should encounter any difficulty at the airport or from the airline regarding my child's condition and required equipment and supplies, how do I best handle this? Could I please have the name of a person who will be present or accessible via phone that day to help us trouble shoot any conflicts that may occur? (name) \_\_\_\_\_

## Additional Resources:

☆ [www.tsa.gov/travel/special-procedures](http://www.tsa.gov/travel/special-procedures)

☆ [www.tsa.gov/travel/special-procedures/traveling-children](http://www.tsa.gov/travel/special-procedures/traveling-children)

☆ **From the Feeding Tube Awareness Foundation:**  
[www.feedingtubeawareness.org/Blog.html?entry=13-things-you-need-to](http://www.feedingtubeawareness.org/Blog.html?entry=13-things-you-need-to)

☆ **From FARE:** [www.foodallergy.org/managing-food-allergies/traveling](http://www.foodallergy.org/managing-food-allergies/traveling)

☆ **For FPIES-specific forms & documents, start here:** [www.fpiesfoundation.org/resources/](http://www.fpiesfoundation.org/resources/)

## Checklist: The Day of the Flight. . .

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