

Booking and Boarding an Airplane Check List

1. Pick your flight
2. Call the airline to find out about their allergy & anaphylaxis policy.
3. Verify the chosen flight/airplanes are latex safe.
4. Any latex gloves used or on the airplane? (Latex gloves in First Aid Kit, used in Food Service, or used by airline maintenance crew to clean the airplanes?)
5. At the airport- TSA in the USA does NOT use latex gloves (see [TSA Baggage and Safety](#) article on our website www.latexallergyresources.org). Confirm latex glove use at International airports for international flights.
6. Carrying Epinephrine-Learn the Airport policy for carrying your EpiPen Auto-Injectors (always carry 2 as prescribed) through security, a sample letter for carrying epinephrine is available on our website.
7. Make sure you pack all your medications in your carry-on bag so it is with you at all times. Take along your latex allergy action plan (that you developed with your allergist).
8. Advise flight crew of your allergy. Let the people traveling with you and/or those seated around you know about your allergy.
9. Always wear your Medical ID bracelet.
10. Eating on the plane- *brown bag it!* To avoid the possible exposure to latex in food service, carry your own food/snacks from home.

Keeping your environment safe is the Key to a successful flight.