

Anaphylaxis Checklist:

CAMPS, EXCURSIONS AND SCHOOL TRIPS

Organised camps or camping away from home increases the risk of allergen exposure, but with a few precautions and a bit of preparation and planning, the great outdoors can still be a rewarding experience.



- Ensure the camper is aware of the potential allergic triggers and where they might be lurking – this includes foods, insects and even medical latex gloves.
- Reiterate the rule of NO sharing of food or drinks with others.
- Remind your child of the early signs and symptoms of an allergic reaction and stress the importance of not wandering off if they begin to experience those signs, trying to avoid embarrassment.
- Reinforce the need to wash hands before eating, just in case your child has inadvertently touched a potential trigger.
- Remind your child to stay away from obvious sources of insect bites, for example ant nests or flowers.
- Encourage your child to buddy up with a trusted friend and share information about their severe allergies, triggers that they need to avoid, how to recognise the signs and symptoms of anaphylaxis and when they should get an adult in case of an emergency.
- Make sure the camp leader/organiser is aware of your child's allergies and the seriousness of obtaining urgent help – provide a list in writing.
- Check the meals and make your own arrangements for providing food if you are concerned.
- If possible, arrange a training session for camp supervisors on how to manage a severe reaction, or direct them to the video training on the EpiClub® website or YouTube.
- Ensure that someone has a mobile/cell with ability to charge in case an emergency call is required.
- Pack a printed copy of the Action Plan (See EpiPen® Resources – Action Plan on the EpiClub® website) to share with supervisors.
- ALWAYS ensure the camper has at least one in-date EpiPen® with them at all times – especially on treks (preferably two, because emergency services may be some time away).



LIFE HAPPENS
Be Prepared.®