

# Travel Plan

FOR PEOPLE AT RISK OF ANAPHYLAXIS  
(SEVERE ALLERGIC REACTION)



Name: (as shown on passport)

---

---

Date of birth: \_\_\_\_\_

Confirmed allergens:

---

---

---

---

---

---

---

---

**For other details refer to the attached  
ASCIA Action Plan for Anaphylaxis**

Travel plan prepared by medical or  
nurse practitioner:

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Additional information:

---

---

---

---

---

---

---

---

---

---

**This person is highly allergic and is at risk of a severe, life threatening allergic reaction (anaphylaxis) if accidentally exposed to the trigger/s which causes their allergic reaction/s.**

Because of the potential for anaphylaxis, one or more adrenaline (epinephrine) autoinjectors and a copy of their ASCIA Action Plan for Anaphylaxis should be available and easily accessible at all times for this person while travelling, together with a safe supply of food and liquids appropriate for the travel period.

**Administration of an adrenaline autoinjector is the first line treatment for anaphylaxis.**

Adrenaline autoinjectors contain a single, fixed dose of adrenaline. In an emergency a person at risk of anaphylaxis requires immediate administration of adrenaline, which can be lifesaving. This treatment should be given according to the attached ASCIA Action Plan for Anaphylaxis.

**Adrenaline autoinjectors 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 this emergency medication to be stored, due to the reasons listed below.

Adrenaline autoinjector devices:

- need to be readily available, if required during the flight.
- can be broken with rough handling.
- may be lost if luggage goes astray.
- should not be subjected to temperature fluctuations.