

Asthma & Allergy Travel Checklist

- Allergist Phone Number _____
- Pharmacy Phone Number _____
- Prescription Number _____
- Destination Contact Number _____
- Insurance Card
- Peak flow meter
- Nebulizer
- Benadryl
- Allergy Pills
- Daily Inhaler
- Emergency Inhaler
- Eye Drops
- Sinus Spray
- Allergy Pillow Covers
- Small Green cleaners
- Dust Mask
- Neti-Pot
- Rescue Remedy for Anxiety
- Epi-Pen



Additional Items:

- Other _____
- Other _____



Create a special "RED" allergy travel bag. You will always know that the "RED" bag is specifically for anything allergy or asthma related, so it will be easy to grab for vacations! You can print or laminate this list and keep in your "RED" bag.