

Allergies, Medical Conditions and Dietary Requirements

Embarking on a trip is an exciting time, but for those with allergies and medical conditions it can be daunting and brings additional challenges for you to consider within your own trip risk assessment.

We have put together the below guidance information to assist with the trip planning around allergies, medical conditions and dietary requirements so that the trip runs as smoothly as possible.

- In the first instance speak to your local authority or governing body for their specific guidance about travelling with group members who have allergies, medical conditions and dietary requirements. This vital information should also be considered within your own trip risk assessment.
- All prescribed medication including adrenaline autoinjectors (EpiPen, Emerade or Jext) should be stored as hand luggage. A sufficient supply should be held to cover the duration of the trip also allowing for any possible travel delays. The risk assessment should also consider the entry requirements of your destination country around prescribed medication. A key resource is the UK Government's foreign travel advice - <https://www.gov.uk/foreign-travel-advice>
- Please advise us of any allergies, medical conditions and dietary requirements that your group may have as soon as possible in the booking process. Your Sales contact or Tour Operator/Tour Coordinator can provide further guidance on this; their contact details can be found in your confirmation documents.
- Where you need to make any changes to your booking, allergies, medical conditions and dietary requirements must be communicated to us within a reasonable timeframe. We will make all reasonable efforts to deliver these requirements. However, we cannot guarantee that we will be able to accommodate late notifications.
- Your Tour Operator or Tour Coordinator will provide you with a form so that the necessary information can be submitted and then shared with the relevant airline, accommodation and food providers included within your itinerary.
- We are unable to guarantee that food provided will be allergen free due to the risk of cross contamination.
- If your group are flying, please refer to the airline's website for their specific management of allergens and medical conditions.
- We will take all reasonable steps to allow the inclusion of people with medical conditions, allergies & dietary requirements.
- Liaise with the hotel, restaurant or venue staff on arrival at all locations to remind them of any dietary requirements your group may have, particularly those with food allergies and intolerances. Teaching staff should supervise mealtimes to ensure that the dietary requirements have been fully met. Many countries vary significantly in terms of awareness around food allergies.

- Language barriers can bring challenges for those travelling with allergies. To overcome any language barriers, you might want to consider the use of Allergy Translation cards. These individual pocket size cards convey the crucial detail of food allergies to restaurant and food venue staff in foreign countries where a language barrier might exist.
<https://www.allergyuk.org/living-with-an-allergy/traveling/>

Guidance information on allergies can be found:

<https://www.nhs.uk/conditions/anaphylaxis/>

[Anaphylaxis UK | Supporting people with serious allergies | Anaphylaxis UK](#)

<https://www.allergyuk.org/living-with-an-allergy/traveling/>

<https://www.foodallergy.org/resources/navigating-school-trips-allergies>

<https://www.narf.org.uk/>