

# Travel Tips: How to Prep for Travel During Allergy Season



By [Carly Horowitz](#)

Allergy season is upon us! If you suffer from allergies, you know the struggle of leaving your house and having to worry about your throat beginning to itch, your eyes rapidly watering, and your nose dripping with each step you take. No one wants their vacation time to be halted just because of allergies. Luckily, we have power over allergies and are going to combat them! You don't have to reschedule your [romantic getaway](#) just because allergies are in the air.

# Don't let allergies terminate your trip! Here are some travel tips during allergy season:

**1. Refill any prescription medications:** If you take medication for your allergies, make sure you are stocked up for your trip- as you may not be able to retrieve them during [travel](#). Pick up any over-the-counter medications you may need before hand. Additionally, be sure to keep these medications in a bag that you will have handy during your travels. Don't pack them away in your suitcase that will be stored away on the plane. Make sure you have easy access so that when you need it, you can get it.

**2. Get immunizations:** When you are planning to travel, you should check with your doctor if they recommend getting any vaccinations before departing to that specific region. Also, consult with them about any travel restrictions they may foresee regarding traveling during allergy season.

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**3. Pack wipes and tissues:** The necessities! Be sure to pack a bunch of disinfectant wipes and facial tissues for your travels. You don't want to be stuck with a runny nose on the train with no tissues available. You also want to be able to wipe down any surfaces that you may be near for a long period of time with a disinfectant wipe just to be safe.

**4. Drink a lot of water:** With all of the excitement of traveling, the idea of continuously hydrating may slip your mind. Pack water bottles or purchase some any change you get. Staying hydrated is very important during allergy season and just in general!

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**5. Check the pollen report:** Be aware of the area you are traveling to and stay up to date on the weather and pollen report of that area. Additionally, if you are embarking on a road trip, try to refrain from driving with your windows open. Pack saline nasal spray too! That stuff does wonders.

**6. Stay clean:** Wash your hands, body, and hair any chance you can get while traveling in order to wash away any pollen that could get stuck on you. Stay safe and healthy this allergy season!

**How do you combat allergies? Comment below!**