
Eat Safe Anywhere

Your Printable Travel Companion

A free companion to the gluten-free & celiac travel guide.

Print these pages, fill them in, and take them with you.

Emanuel Travel Service

Full-service travel since 1935

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The One-Page Cheat Sheet

The essentials at a glance. Keep this one handy.

THE CORE RULE

Never let the airline or venue meal be your only food. Always carry a backup.

BEFORE YOU BOOK

Corn & rice cuisines = easier; wheat-bread & soy-sauce cuisines = plan harder. Find the local celiac association and its certified-restaurant list. Note a supermarket with a free-from aisle.

FLYING

Request meal code GFML when you buy the ticket. Call to confirm, then reconfirm 24-48 hours before. Pack a full backup meal anyway.

HOTELS

Email before booking: celiac-safe kitchen? kitchenette? buffet handled safely? Treat buffets as high-risk; favor sealed and cooked-to-order.

ORDERING (works anywhere)

Default to grilled meat or fish + plain rice + vegetables. Ask about cross-contact, not just "is it gluten-free?" Good sign: they ask you detailed questions back.

HIDDEN GLUTEN

Soy sauce; thickened sauces and gravy; malt and malt vinegar; shared fryers; beer (including "gluten-removed"); non-certified oats; marinades and stock cubes.

SAFE DRINKS

Wine, cider, 100%-agave tequila, mezcal, most spirits.

IF YOU GET GLUTENED

Your own meds on hand; electrolytes; nearest pharmacy and hospital pinned; a buffer day; be kind to yourself.

Not medical advice. Verify current policies before you travel.

Restaurant Translation Cards

Print, cut along the lines, and hand one to your server or kitchen. European languages shown; have any card checked by a native speaker before relying on it.

English

I have celiac disease (an autoimmune illness). To avoid serious illness I must eat a strict gluten-free diet. I cannot eat anything containing wheat, barley, rye, or oats, including flour, bread, pasta, breadcrumbs, batter, soy sauce, or malt. Even a small amount of gluten, or contact with these foods, can make me very sick. Please prepare my food with clean utensils, pans, and surfaces, and do not fry it in oil used for breaded foods. Please check sauces, seasonings, and broths. Thank you very much for your care.

Italian

Ho la celiachia (una malattia autoimmune). Per evitare gravi problemi di salute devo seguire una rigorosa dieta senza glutine. Non posso mangiare alimenti che contengono frumento (grano), orzo, segale o avena, inclusi farina, pane, pasta, pangrattato, pastella, salsa di soia o malto. Anche una piccola quantità di glutine, o il contatto con questi alimenti, può farmi stare molto male. Per favore prepari il mio cibo con utensili, pentole e superfici puliti, e non lo frigga nell'olio usato per alimenti impanati. Per favore controlla salse, condimenti e brodi. Grazie mille per l'attenzione.

Spanish

Tengo enfermedad celíaca (una enfermedad autoinmune). Para evitar problemas graves de salud debo seguir una dieta estricta sin gluten. No puedo comer alimentos que contengan trigo, cebada, centeno o avena, incluidos harina, pan, pasta, pan rallado, rebozados, salsa de soja o malta. Incluso una pequeña cantidad de gluten, o el contacto con estos alimentos, puede enfermarme gravemente. Por favor, prepare mi comida con utensilios, sartenes y superficies limpios, y no la fría en aceite usado para alimentos empanizados. Por favor, revise salsas, condimentos y caldos. Muchas gracias por su cuidado.

French

J'ai la maladie cœliaque (une maladie auto-immune). Pour éviter de graves problèmes de santé, je dois suivre un régime strict sans gluten. Je ne peux pas manger d'aliments contenant du blé, de l'orge, du seigle ou de l'avoine, y compris la farine, le pain, les pâtes, la chapelure, la pâte à frire, la sauce soja ou le malt. Même une petite quantité de gluten, ou le contact avec ces aliments, peut me rendre très malade. Merci de préparer mon repas avec des ustensiles, des poêles et des surfaces propres, et de ne pas le faire frire dans une huile utilisée pour des aliments panés. Merci de vérifier les sauces, les assaisonnements et les bouillons. Merci beaucoup de votre attention.

German

Ich habe Zöliakie (eine Autoimmunerkrankung). Um schwere gesundheitliche Probleme zu vermeiden, muss ich mich streng glutenfrei ernähren. Ich darf keine Lebensmittel essen, die Weizen, Gerste, Roggen oder Hafer enthalten, einschließlich Mehl, Brot, Nudeln, Paniermehl, Teig, Sojasoße oder Malz. Schon eine kleine Menge Gluten oder der Kontakt mit diesen Lebensmitteln kann mich sehr krank machen. Bitte bereiten Sie mein Essen mit sauberem Geschirr, sauberen Pfannen und Oberflächen zu und braten Sie es nicht in Öl, das für panierte Speisen verwendet wurde. Bitte überprüfen Sie Soßen, Gewürze und Brühen. Vielen Dank für Ihre Sorgfalt.

Portuguese

Tenho doença celíaca (uma doença autoimune). Para evitar problemas graves de saúde preciso seguir uma dieta rigorosa sem glúten. Não posso comer alimentos que contenham trigo, cevada, centeio ou aveia, incluindo farinha, pão, massa, farinha de rosca, massa de empanar, molho de soja ou malte. Mesmo uma pequena quantidade de glúten, ou o contato com esses alimentos, pode me deixar muito doente. Por favor, prepare a minha comida com utensílios, panelas e superfícies limpos, e não frite em óleo usado para alimentos empanados. Por favor, verifique molhos, temperos e caldos. Muito obrigado(a) pela atenção.

Dutch

Ik heb coeliakie (een auto-immuunziekte). Om ernstige gezondheidsproblemen te voorkomen moet ik strikt glutenvrij eten. Ik kan geen voedsel eten dat tarwe, gerst, rogge of haver bevat, waaronder meel, brood, pasta, paneermeel, beslag, sojasaus of mout. Zelfs een kleine hoeveelheid gluten, of contact met deze voedingsmiddelen, kan me erg ziek maken. Bereid mijn eten alstublieft met schoon keukengerei, schone pannen en oppervlakken, en frituur het niet in olie die voor gepaneerde producten is gebruikt. Controleer alstublieft sauzen, kruiden en bouillons. Hartelijk dank voor uw zorg.

Polish

Mam celiakię (chorobę autoimmunologiczną). Aby uniknąć poważnych problemów zdrowotnych, muszę stosować ścisłą dietę bezglutenową. Nie mogę jeść produktów zawierających pszenicę, jęczmień, żyto ani owies, w tym mąki, chleba, makaronu, bułki tartej, ciasta naleśnikowego, sosu sojowego ani słodu. Nawet niewielka ilość glutenu lub kontakt z tymi produktami może spowodować u mnie ciężką chorobę. Proszę przygotować moje jedzenie przy użyciu czystych naczyń, patelni i powierzchni oraz nie smażyć go w oleju używanym do produktów panierowanych. Proszę sprawdzić sosy, przyprawy i buliony. Bardzo dziękuję za troskę.

Trip-Prep Countdown

Check each off as you go.

- ☐ Researched destination awareness and cuisine base
- ☐ Decided: self-plan or celiac-knowledgeable travel agent
- ☐ Found the local celiac association and joined a local GF group
- ☐ Booked accommodation (kitchenette? Y / N)
- ☐ Sent the pre-arrival hotel email and got a confident reply
- ☐ Contacted the cruise or resort special-diets division (if applicable)
- ☐ Requested GFML on all flights and confirmed by phone
- ☐ Reminder set to reconfirm GFML 24-48 hours before departure
- ☐ Downloaded apps, offline maps, and language packs (on wifi)
- ☐ Printed and laminated translation card(s)
- ☐ Packed backup meals, snacks, and medication / recovery kit
- ☐ Saved a map: safe spots, grocery, pharmacy, hospital, embassy

Travel agent contact (if using one):

Packed-Food & Meds Inventory

What you're carrying, and what it's for.

Item	Qty	For (flight / emergency / daily / meds)

Destination Research

Fill this in before you go.

Local celiac association and website:

Certification symbol used here:

GF supermarket chain(s):

Naturally GF local dishes to look for:

Key phrases learned:

Nearest GF grocery / pharmacy:

Gluten-Free Dining Log

Build your own trusted list. Note how each place handled cross-contact.

Restaurant	City	Dish	Staff got it?	Safety 1-5	Reaction?

Emergency Page

Keep this filled in and reachable.

“I’m having a serious medical reaction” (in the local language):

Nearest pharmacy:

Nearest hospital / clinic:

Nearest embassy or consulate (if abroad):

My emergency contact:

Doctor's note and full medication supply packed? (Y / N)

Ready to plan a trip you don't have to worry about?

Emanuel Travel Service has been helping travelers see the world since 1935. If you'd rather hand the research, the calls, and the confirmations to someone who understands celiac travel, we're here to help.

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