



Tips for Travel and Methylmalonic Aciduria

Getting through customs...

- Carry your *Travel Certificate* for verification of medical formula by Customs officials; keep it with your passport
- Carry closed cans of formula vs. measured amounts in Ziploc® bags. Baggies containing white powder tend to arouse suspicion!

Transporting formula...

Depending on the type of trip you are taking, formula can be prepared ahead of time. These are some tips:

- 7-10 days worth of formula can be prepared ahead of time and frozen
- if possible, seal the bag with a food saver vacuum machine (available at Costco); it can also be poured into Tupperware® containers or double-bagged in Ziploc® freezer bags.
- formula will thaw overnight in the fridge to be used the next day
- don't microwave it; it will cause the formula to break down

Eating in the air...

- *Prior to your departure*, order a fruit platter as your meal by calling the airline
- Vegetarian/Vegan entrees will always contain alternatives to protein. If you do order vegetarian/vegan, be sure to ask what is in the meal and familiarize yourself with the protein content of these food items.
- Pack small, individual boxes of cereal to snack on as well as cookies, plantain chips, Wise® Onion Rings, crackers, etc.

Managing the diet at your destination...

- If you will be staying in a hotel at your destination, ask for a refrigerator in your room. If this can't be arranged, ask them to empty the minibar. If there is no minibar, ask if you can keep your foods and formula in the hotel's refrigerator and ensure you can access it when you need it
- Buy a small electric stove coil to boil water for pasta
- Take lots of pastas and cereals

- One mom bought her daughter a little scale the size of a calculator that was very portable and inconspicuous
- It can help at restaurants to tell them you are vegan. That way, you won't get dairy products and eggs in your food.