

Allergy List Printable

Printable organizer for allergy details and where current action plans are kept

For adults, parents, and caregivers keeping allergy information easy to find.

Checklist items ☐ Allergen ☐ Reaction context ☐ Doctor or allergy specialist ☐ Medication or auto-injector location if chosen ☐ Emergency contacts	Contacts and locations Primary contact: Backup contact: Provider/pharmacy: Where current records are kept:
Handoff notes Use this space for factual notes about where information is kept, who updates it, and which trusted helper can confirm current details.	Review reminder Review after contact, medication, allergy, provider, document, supply, caregiver, or household changes.

Privacy and safety note

Share only with trusted caregivers or contacts. Store paper copies where they are easy to find but not publicly visible. This sheet can help organize emergency information; it is not medical or legal advice and does not replace 911, clinicians, medical records, medication labels, allergy action plans, care plans, patient portals, legal documents, or professional guidance.

