

Diabetes Travel Checklist

NECESSITIES:

- Travel letter from physician and extra prescriptions as needed
- Diabetes contact information for emergencies
- Twice the amount of medication/supplies you normally use
 - Pack medications in a separate clear, sealable bag. Do not place insulin/supplies in your checked baggage due to the risk of lost/delayed baggage and due to temperature fluctuations.
 - Check with your pump manufacturer- they may provide you with a backup loaner pump for international travel.

INSULIN PUMP USERS SHOULD ALSO CARRY:

- Extra pump supplies and insulin pens/syringes in case of pump failure
- Know backup insulin doses
- Lunch bag with cold pack to keep insulin cool
Example - Frio Bag (FRIOCase.com)
- Extra batteries for glucose meter and insulin pump as needed
- Blood glucose monitor, test strips, lancing device and lancets
- Emergency Glucagon kit (check expiration date)
- Ketone testing supplies
- Glucose tabs or other fast-acting carbohydrates to treat lows
- Snacks
- Medical ID bracelet
- Alcohol pads or another cleansing agent
- Used sharps disposal container
- Chargers for medical devices

AIRPORT SECURITY:

If you use an insulin pump/CGM- it is **very important** to inform the officer conducting the screening about your device before the process begins. You can be screened without disconnecting your pump.

Passengers who have external devices can be screened using a metal detector in addition to a pat down. Your devices should **not** go through any X-ray machines. If you have questions about the safety of wearing your devices through scanners, you should contact your manufacturer.

Travelers may call TSA Cares toll free at 1-855-787-2227 72 hours prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

EXTRA TIPS:

It is important to test your blood glucose more frequently when traveling. The hassle of travel, including stress, changes in time zones, schedules and activity levels, meal times and types of food, can all affect your diabetes control. Be extra attentive to monitoring your blood glucose frequently, and be prepared to respond if needed.

Traveling by plane can be very dehydrating. Being hydrated is one of the keys to better diabetes management, so **drink a lot of water.**

Remember time changes. Let your physician know the different time zones you will encounter while traveling, before you leave, so you can create a detailed plan for your insulin management. *You will need to change the time on your meter and pump.*

For a list of English-speaking doctors and local hospitals in countries around the world, visit iamat.org or contact the International Association for Medical Assistance to Travelers at (716) 754-4883.