

Traveling with diabetes: Packing for your trip

CARRY ON

- ☐ Double the supply of insulin or pills for diabetes that you will need.
- ☐ Double the amount of syringes and needles, plus an extra insulin pen if needed.
- ☐ Blood glucose testing kit and record book.
- ☐ Fast-acting insulin for high blood glucose and ketones.
- ☐ Fast-acting sugar to treat low blood glucose.
- ☐ Extra food to cover delayed meals (cookies, crackers, juice, granola bars).
- ☐ Ketone-testing strips (Type 1 diabetes).
- ☐ Anti-nausea and anti-diarrhea pills.
- ☐ Pain medication.
- ☐ Glucagon kit if you have one.
- ☐ Travel letter with medication list and telephone numbers of your doctor and diabetes educator.
- ☐ ID card / medic alert bracelet.
- ☐ Supplies for the trip home in case you run into any problems.

IN LUGGAGE

- ☐ Sunblock.
- ☐ Insect repellent.
- ☐ Large amounts of bottled water, if necessary.
- ☐ Comfortable walking shoes that you have worn before.
- ☐ Extra batteries (for meter and pump).
- ☐ Extra test strips and spare meter if you have one.
- ☐ First aid kit (bandages, cotton balls, disinfectant, scissors, tweezers and nail clippers and topical antibiotic ointment).
- ☐ Food choices list (and/ or carbohydrate counting book).