

Diabetes & Travel

Diabetes should not limit you from traveling, but there are a few things that you need to know. Vacation or travel can mean a break from the routine of work or school but not from diabetes. A little extra planning will help ensure a safe and enjoyable time.

Your Travel Checklist: *Did you remember...*

- Insulin
- Insulin syringes/pen needles
- Insulin pump supplies
- Written down pump settings
- Blood glucose meter
- Blood glucose meter strips
- Control solution

- Lancets & lancet device
- Ketostix
- Alcohol wipes
- Batteries
- Emergency phone #s
- Medical Alert ID
- Glucagon kit

- Carbs to treat low blood sugar
- Extra snacks
- Log book
- Sharps container
- Ice pack
- Diabetes travel kit
- CGM supplies

High blood sugars: Lack of activity will cause the blood sugars to rise. Drink plenty of fluids. Give insulin as needed.

Low blood sugars: Be prepared for the unexpected! Carry liquid/fast acting carbohydrates (juice, regular soda, glucose tablets or gel). Keep these on hand at all times. Educate traveling partners to recognize and treat a low blood sugar. Glucagon should be carried with you in case of an emergency.

Storage of supplies:

- Be sure to carry all your supplies with you. Try to carry enough supplies to last the entire trip, plus a few extra days. Almost all of your supplies should be kept between 40-85°F.
- Make sure you have pharmacy labels on all of your medications and supplies, especially when flying. You need to carry extra prescriptions for all supplies in case something gets lost/broken/stolen.

Time zones: If there is a change in time zones of two hours or more and you use:

- **Insulin Pump** – **Write down ALL of your pump settings in case the pump screen goes blank or the memory gets erased.** Then change the clock on the pump to the local time.
- **Injections** – Give the Lantus/Basaglar/Levemir/Tresiba dose at the time you would take it at home, *not* the local time. For Humalog/NovoLog/Apidra, take your doses as usual based on local time with your meals.

Airline travel:

- Carry all of your supplies in your carry-on bags. Items can be damaged or lost if you pack them into the “checked” luggage. Visit the TSA’s website for current regulations <https://www.tsa.gov/>.
- If using an insulin pump or a CGM, ask security to visually inspect it as it should not go through the x-ray machine. It should be safe to go through the metal detector.