TRAVELING WITH DIABETES

Use this checklist to help you keep your blood sugar (glucose) under good control when you travel.

BEFORE I GO

• Does my doctor approve of me traveling?
• Do I have extra prescriptions?
• Are my shots (immunizations) up to date?

WHEN I GO

Medication
• A list of all my diabetes medicines, dosages, and supplies
• Half my diabetes medicine and supplies on me and half in my hand-held luggage
• A backup supply of my diabetes medicine and supplies (with backup insulin packed in cold packs)
• If I’m traveling by plane, all my medicine and supplies in their original containers

Blood Sugar Meter
• Extra test strips
• An extra battery

Identification
• My diabetes medical ID card or bracelet
• My medical insurance card(s)

Other Things to Bring
• At least a few 15-gram, fast-acting, high-sugar snacks or glucose tablets in case of a low blood sugar
• An extra meal for long trips or in case of travel delays
• Comfortable shoes I’ve worn before
• My doctor’s phone number
• Phone numbers to call in case of an emergency
• A plan to adjust my meal plan if times zones change