

# 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

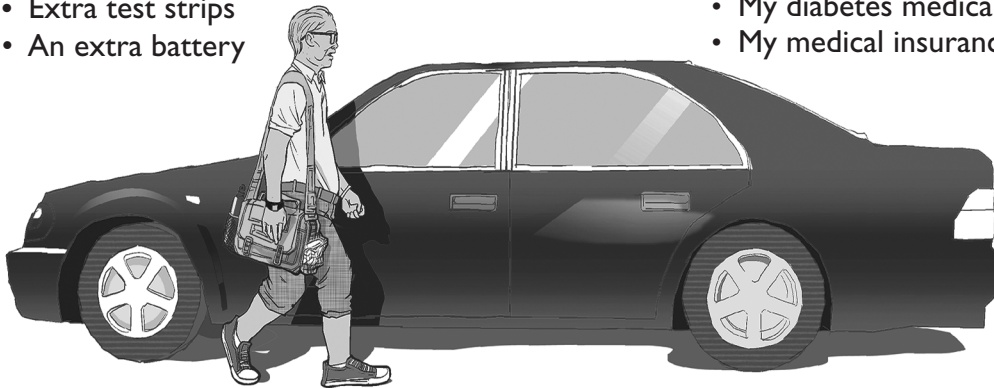
- A list of all my diabetes medicines, dosages, and supplies
- Half my diabetes medicine and supplies on me and half in my hand-held luggage
- A backup supply of my diabetes medicine and supplies (with backup insulin packed in cold packs)
- If I'm traveling by plane, all my medicine and supplies in their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

