



Diabetes and Travel

Your diabetes is going to be with you for the rest of your life.

But, just because your diabetes won't take a vacation, doesn't mean you can't!

With some careful planning, you can enjoy a worry-free vacation!

So, if you're going to be traveling – whether it's for a couple of days or a couple of weeks, here are some important tips to help you plan!

1. Plan ahead

- A. Tell your medical provider about your plans. Ask for a letter stating that you have diabetes and a list of the medications and supplies you need. The letter should also provide an emergency plan. You should ask for prescriptions for your medications and supplies and ask if you should have a Glucagon Emergency Kit.
- B. Discuss an emergency plan with your medical provider.
- C. Make sure that someone you are traveling with knows that you have diabetes, and what to do in an emergency.
- D. If you use insulin and will be traveling for several days, ask your medical provider for special instructions about insulin.

2. What to pack

- A. Don't forget your diabetes identification – wallet card, bracelet, necklace
- B. Diabetes supplies (needles, lancets, strips, etc.)
 - 1). Bring enough supplies for the entire trip. (Bringing extra supplies is a good idea.)
 - 2). Keep your supplies near you at all times. Do not store them in the trunk of your car or pack them in luggage you check.
- C. Pack comfortable shoes and cotton socks
 - 1). Preferably shoes you have already worn
 - 2). If you are going to wear sandals, avoid those with a strap between the toes. *Do not go barefoot at any time!*
- D. Sunscreen and moisturizer are a must!
- E. Snacks and quick sources of sugar.



- 1). Fresh or dried fruits, crackers are good snack options
 - 2). Glucose tablets, hard candy and non-diet sodas are good quick sources of sugar
- F. Your medical insurance card and a plan for emergencies.

We strongly recommend that you ask your medical provider for additional travel tips.

The Diabetes Travel Guide (2002), published by The American Diabetes Association has many more great tips on travel with diabetes.

