

# Travelling with Diabetes checklist

## 4 weeks before travel

- Make appointment with doctor
- Consult with healthcare team about travel plans

## 3 weeks before travel

- Order extra insulin for the trip if needed
- Order extra testing strips
- Order extra sensor (if applicable)
- Locate diabetes emergency documents ie: letter from doctor, medical ID
- Get a new one if paperwork cannot be located

## 2 weeks before travel

- Research medical facilities near destination
- 'Google-maps' research cafes/convenience stores nearby for overnight emergencies or morning breakfast
- Check if accommodation provides breakfast or has a vending machine
- Educate travels pals about diabetes management

## 1 week before travel

- Calculate time zone difference
- Figure out what will be your new injection time for your basal injection
- Carry copies of current prescription
- File all finalised diabetes emergency documents with passport and travel documents

## On the day of travel

- Wear medical ID bracelet/necklace
- Put a new sensor on (start it later) if current sensor is going to run out on flight
- Pack low-sugar sweets: jellybeans/SuperC/Lift
- Carry a sandwich/fruit/nuts to cover your next meal
- Prep your insulin cold pack and carry your insulin accordingly.
- Carry all medical supplies in hand luggage
- Communicate your needs to airline staff and security personnel

# DIA BETES BY KC

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## During Travel

- Keep hydrating on the flight
- Snack on low-carb snacks as you will be sitting / less activity on plane
- Keep checking your bloods more often

## Upon Arrival

- Locate the cafe/convenience stores/vending machines from your research
- Keep checking your bloods
- Take basal at time of origin plus or minus an hour or two
- Allow your self 24-48 hrs to adjust, and rest where needed.

## Throughout the trip

- By day 2/3, adjust basal to be at your regular time (but in your destination of travel)
- Keep your low sugar snacks on you at all times
- Carry daily insulin in cold pack if destination temperatures are high

## Adjusting back home

- Follow this list the same way
- Adjust your basal day by day until you reach your regular timing
- Allow yourself to rest

*Travel safe*



## Notes:

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**Make a few copies so you have a fresh one everytime you travel**

**How good do you think you did?**



## Contact:



Book a call with me, [click here](#)

Email: [diabetes.by.kc@gmail.com](mailto:diabetes.by.kc@gmail.com)

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