

Traveling with Diabetes

Plan Ahead

- For a big trip, see your medical team for a check-up four to six weeks ahead.
- For trips abroad, get the correct immunizations.
- Get a letter from your doctor explaining your diabetes medicines, supplies, and any allergies.
- Get diabetes identification in the languages of the countries you will visit.
- Learn to adjust your diabetes medicine if you will change time zones.
- Always wear visible diabetes identification.

What to Pack

- Double the amount of diabetes medicine and supplies needed in your carry-on luggage.
- Glucagon kit if you use insulin.
- Insulated bag and blue ice to keep insulin cool.
- Snacks, glucose gel, or tablets to treat low blood glucose reactions.
- Medical insurance card and emergency number for your medical insurance company.
- First aid kit including:
 - bandages, gauze and topical antibiotic
 - pain reliever
 - medicines to treat diarrhea and motion sickness
 - sunscreen and insect spray

When Flying

- Call ahead for a diabetic, low fat or low cholesterol meal.
- Ask for an aisle seat if you will use the restroom for insulin injections.
- Get your ticket and seat early to prevent bumping.
- If traveling alone, tell the flight attendant you have diabetes.
- Keep your diabetes medicines with you, don't store them in an overhead bin.
- Don't inject air into the insulin bottle before drawing up your dose. The air is pressurized.

For Car Travel

- Don't leave medicines in the trunk, glove compartment or near a window.
- Carry extra food in case you cannot find a restaurant.

In General

- Move around every one to two hours to increase comfort and reduce risk for blood clots.
- Tell at least one person traveling with you about your diabetes.
- Never go barefoot, even in the shower or pool.
- Be careful about food safety when traveling in some countries.
 - Use bottled water to brush your teeth.
 - Drink bottled water with no ice.
 - Eat only cooked vegetables and fresh fruit that can be peeled.
 - Only consume pasteurized dairy foods.
 - Don't eat food from street vendors.