

# Travelling with Diabetes: Plan Ahead for a Safe and Healthy Trip!

## Speak with your diabetes team

Your diabetes team can help you plan to manage your diabetes when travelling. Visit them 4 to 6 weeks before your trip if you:

- Need help planning the amount of insulin or medication to bring, or how to safely store it
- Are travelling across time zones and want to know how to adjust the timing of your insulin or medication
- Need a travel letter to help you get through security screening

## Plan what to bring

- Wear your medical identification (ID) bracelet or necklace** that states you have diabetes.
- Bring your health information.**
  - Travel letter from your diabetes care provider
  - Contact information for your family, diabetes team, pharmacy and insulin pump company
- Bring double the diabetes supplies needed for your trip** in case there are unexpected problems or delays.
  - Insulin or medication with pharmacy labels
  - Your glucose meter and extra batteries (consider bringing a back-up meter)
  - Glucose meter test strips and lancets
  - Syringes and needles, or insulin pens and needles
  - Insulin pump or CGM (continuous glucose monitoring) supplies
- Bring glucose tablets or another source of sugar** to treat low blood sugar.
- Bring a Glucagon kit** to treat severe low blood sugar (if you take insulin).
- Bring a small sharps container.**



- ✓ Store supplies in a clear, resealable plastic bag labelled 'diabetes supplies'.
- ✓ **Pack supplies in your carry-on bag and keep it with you at all times.**
- ✓ **Do not expose insulin pumps or continuous glucose monitoring systems to x-rays.**
- ✓ **Always keep your insulin, glucose meter, extra supplies, snacks and a source of glucose within reach.** On a plane, put them under the seat in front of you. There may be times when you cannot access the overhead bins.
- ✓ If you are travelling with someone, consider dividing your supplies between your bags, in case a bag gets lost, stolen or damaged.

## Protect your insulin

- Carry your insulin with you at all times.
- Use an insulated bag to keep insulin cool.
- Protect insulin from getting too hot or cold.
  - Do not pack insulin in your checked baggage, which may be exposed to freezing temperatures.
  - Do not put insulin directly on an ice or gel pack.

## If you use an insulin pump, bring:

- Infusion sets or pods from different lot numbers
- Extra pump batteries
- Your back-up plan in case your pump fails, with:
  - A copy of your pump settings (basal rates, carbohydrate to insulin ratio, correction factor and blood glucose target).
  - A back-up pump (ordered from your pump company at least 2 weeks before your trip) or long-acting (basal) insulin
  - Syringes or insulin pen and needles to inject basal or rapid-acting insulin

## For more information, go to:

- Diabetes Canada [www.diabetes.ca](http://www.diabetes.ca) and search for 'travel tips'
- Diabetes Travel Calculator [diabetestravel.org](http://diabetestravel.org)

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