

# Tips for Travel with Diabetes



## Considerations for What to Pack

- All diabetes medications and supplies should be in a carry-on bag. Insulins and test strips can get too cold in checked baggage.
- Take twice as much medicine as you think you might need to avoid running out, in case it is misplaced or there are unexpected delays in your trip. Put medicine in two different places in case one bag is lost.
- Don't forget treatments for low blood sugar, such as a glucagon kit if recommended by your doctor or glucose tablets/gels.
- Pack plenty of healthy snacks that are stable at room temperature.
- If you are driving, take a cooler with healthy foods and snacks, as well as plenty of water.

**Good diabetes management doesn't have to take a vacation when you travel. Make it easy to have fun and relax when you plan ahead.**

## Before You Go



- Schedule an appointment with your doctor.
  - Get prescriptions for all your medications.
  - If traveling overseas or by air, get a letter from your provider about your diabetes, especially if you will be taking insulin, syringes and testing supplies through screenings, immigration or customs.
- Carry medical identification showing you have diabetes.





## When You Travel

- Do not leave medications, insulin or testing strips in a hot car. Heat can damage your testing strips and insulin.
- Avoid sitting for long periods of time. If traveling by plane or train, get up and walk every hour or two to prevent blood clots. If you are traveling by car, plan to stop periodically and walk around.
- Make a conscious effort to seek healthier options for meals and snacks.

## Planning Meals

**Food is a huge highlight of vacation. Try to select real foods that fit into your meal plan.**

- Be sure to carry food/snacks in case of unexpected delays. Meals may not be served at times that fit into your usual schedule.
- Find out what foods are available along the way and at your destination.
- Look up nutrition information from restaurant websites to identify foods that fit into your meal plan. At a restaurant, ask how foods are prepared so you can make better choices.



## Activity

**Changes in blood sugar control can be expected when traveling.**

- When traveling, be sure to move around every couple of hours to improve circulation.
- If your vacation involves a lot more walking activity than normal, plan to check your blood sugars more often and be sure to carry snacks and something to treat low blood sugar.

## What if You Change Time Zones?



- Start to adjust your medication dose times two days before you travel.

	Two days before travel	One day before travel	Day of travel
If adding three or more hours	Move dose times up by one hour	Move dose times up another hour	Move dose times up an additional hour
If subtracting three or more hours	Move dose times back one hour	Move dose times back another hour	Move dose times back an additional hour

**Most importantly, realize that even with all your efforts, everything will not always go as planned! Do the best you can and enjoy your trip!**