Traveling With Diabetes

Plan Ahead
- For a big trip, see your medical team for a checkup 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.

Due to heightened security, travelers with diabetes have additional concerns at the airport. To learn more about these issues go to: http://www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes

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

1. Move around every one to two hours to increase comfort and reduce risk for blood clots.
2. Tell at least one person traveling with you about your diabetes.
3. Never go barefoot, even in the shower or pool.
4. 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.