

Having diabetes shouldn't stop you from visiting new and exciting places. People with diabetes can enjoy traveling just as much as anyone else. However, it does mean that you need to do a little extra planning to stay as healthy and safe as possible when you're away from home.

How do I prepare for my trip?

- Schedule an appointment with your healthcare provider if you take insulin and will be traveling across time zones; times of insulin injections may need to be adjusted.
- Obtain a letter from your healthcare provider saying you have diabetes and must carry supplies to treat it.
- Ask your pharmacist for copies of your prescriptions in case your medicine gets lost or spoils during the trip.
- Get shots at least a month before the trip, if recommended.
- Get treatment for any foot problems before leaving; review daily foot care guidelines to avoid problems.
- If you will be flying, contact the Transportation Security Administration at 866-289-9673 or www.tsa.gov for current regulations.
- Contact the airline for special meal options if the flight includes meals.

What should I carry with me?

- All medicines, including extra in case of delays
- All liquid medications, including vials of insulin, in original labeled containers
- Extra snacks in case of meal delays or low blood glucose
- Your blood glucose meter, extra test strips, and lancets
- A glucagon kit if you are at risk of severe low blood glucose
- Ketone strips if you take insulin

Here is what *YOU* can do:

- Check blood glucose more often when traveling (at least 3 – 4 times a day)
- Protect medicine and glucose strips from extreme temperatures by using an insulated case
- Store medicine and diabetes supplies away from heat and humidity
- Wear comfortable shoes and socks, and check feet frequently for blisters; get treatment if even minor foot problems develop
- Wear medical identification and carry emergency contact information
- Tell people you travel with that you have diabetes and explain how to recognize low blood glucose
- Do your best to follow your meal plan and physical activity plan as closely as possible

The most important thing is to have fun while being safe!