# **TRAVELING** WITH DIABETES

Use this checklist to help you keep your blood sugar (glucose) under good control when you travel.

## **BEFORE I GO**

- Does my doctor approve of me traveling?
- Do I have extra prescriptions?
- Are my shots (immunizations) up to date?

## WHEN I GO

#### **Medication**

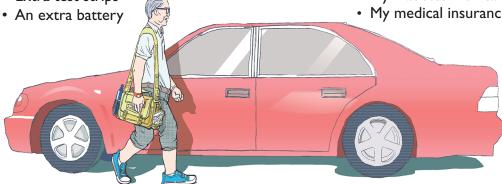
- A list of all my diabetes medicines, dosages, and supplies
- Half my diabetes medicine and supplies on me and half in my hand-held luggage
- A backup supply of my diabetes medicine and supplies (with backup insulin packed in cold packs)
- · If I'm traveling by plane, all my medicine and supplies in their original containers

#### **Blood Sugar Meter**

### • Extra test strips

#### Identification

- · My diabetes medical ID card or bracelet
- My medical insurance card(s)



#### Other Things to Bring

- At least a few 15-gram, fast-acting, high-sugar snacks or glucose tablets in case of a low blood sugar
- An extra meal for long trips or in case of travel delays
- · Comfortable shoes I've worn before
- My doctor's phone number
- Phone numbers to call in case of an emergency
- A plan to adjust my meal plan if times zones change



