Diabetes Travel Checklist

Before leaving home

- In a small carry-on bag, pack these items:
  - Sharps container
  - Extra insulin, strips, meter, batteries, lancets, alcohol swabs, pump and needed equipment
  - Ketone strips
  - Emergency foods for low blood sugar (glucose tabs, glucagon)
  - Emergency foods for sick-day (sugar-free drinks, puddings, gelatin mixes, soup, crackers)
  - Thermometer
  - Cold remedies

Keep your diabetes supplies with you at all times.
Do not pack them in the luggage you are checking.

- Make a copy of emergency phone numbers and insurance card.
- Know your insurance policy regarding emergency care out of state.
- Get an extra copy of prescriptions (only needed if you'll be gone a long time).
- Write down your insulin regimen.
- Take a copy of "Diabetes Management When Sick with a Cold or Flu."
- Plan for hot weather (do you need a cooler for the insulin?).
- Bring a copy of your prescription label(s) (it's better than a travel letter).
- If you are traveling to a different time zone, talk with your healthcare provider about changes in insulin doses and timing.

To Learn More

- Endocrinology
  206-987-2640
- Your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

During travel

- Pack twice as much medicine as needed and keep half with you at all times.
- Check blood sugars often.
- Keep track of what you eat.
- Be aware that different activities and climates affect blood sugars.

Foreign travel

- Learn how to say: “I have diabetes, I need food/juice, I need a pharmacy, I need a doctor” in the local language.
- Call the local ADA at 206-282-4616 for a list of diabetes providers in the area where you'll be traveling.
- Go to www.diabetes.org/wizdom for more travel tips.