The Sweetest Adventures

Traveling with Type One

Katie Craft
Type one since 1999
Independent World Traveler since 2006
20+ Countries Explored
What to Pack?

- Depends on length and destination
- Prescriptions & letter from doc!
- Meter, meter batteries, strips, insulin, syringes (always!), glucagon, ketone meter, ketone meter strips, ketone meter batteries, low bg supplies
- Pump, back-up pump, batteries, reservoirs, sets, inserter

Alcohol and insulin products are not forbidden.
Which one of you has diabetes?

Guess!
Meds and Prescriptions

- List of basal rates or long lasting, ratios, correction factor, insulin types, Endo phone number
- Emergency prescriptions; Anti-nausea/vomiting
- Over-the-counter medicines such as Pepto-Bismol and Imodium
Keep Supplies With You!

- Keep all your medical supplies with you when traveling
- When flying, keep supplies in your carry-on bags. Checked baggage can be exposed to extreme cold or heat that can spoil insulin and ruin meters
- TSA allows extra carry-on for med supplies
- Check out Frio Product to keep insulin cool
- Have a travel partner carry a spare diabetes supply kit
Research Local Resources

- Know the names, locations, and phone numbers of the nearest hospitals, clinics, and emergency services that speak English
- Travelers insurance also available
- For a list of English-speaking doctors and local hospitals in countries around the world, go online or contact the International Association for Medical Assistance to Travelers at 716-754-4883
Nom Nom Nom

- Before you leave home, do some research on the local foods at your destination
- Google is your BFF
- Monitor your BGs and pay attention to the results
- Bring your own food if you want
# Learn Some New Phrases

<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>FRENCH</th>
<th>ITALIAN</th>
<th>SPANISH</th>
<th>GERMAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please</td>
<td>S’il vous plaît</td>
<td>Per favours</td>
<td>Por favor</td>
<td>Bitte</td>
</tr>
<tr>
<td>Thank you</td>
<td>Merci</td>
<td>Grazie</td>
<td>Gracias</td>
<td>Danke</td>
</tr>
<tr>
<td>Where is the nearest doctor?</td>
<td>Où se trouve le médecin le plus proche?</td>
<td>Dove si trova il medico più vicino?</td>
<td>¿Dónde está el médico más cercano?</td>
<td>Wo finde ich den nächsten Arzt?</td>
</tr>
<tr>
<td>Where is the nearest pharmacy?</td>
<td>Où se trouve la pharmacie la plus proche?</td>
<td>Dove si trova la farmacia la più vicino?</td>
<td>¿Dónde está la farmacia más próxima?</td>
<td>Wo finde ich die nächsten Apotheke?</td>
</tr>
<tr>
<td>My brand of insulin is...</td>
<td>La marque de mon insuline est...</td>
<td>La marca dell’insulina che uso è...</td>
<td>Mi marca de insulina es...</td>
<td>Die Marke meines Insulins heißt...</td>
</tr>
<tr>
<td>Please quickly give me sugar or a drink sweetened with sugar.</td>
<td>S’il vous plait donnez-moi rapidement du sucre ou une boisson sucrée.</td>
<td>Per favore, mi da subito dello zucchero o una bevanda zuccherata.</td>
<td>Por favor, déme rápidamente azúcar o una bebida endulzada con azúcar.</td>
<td>Bitte geben Sie mir etwas Zucker oder ein mit Zucker gesüßtes Getränk.</td>
</tr>
<tr>
<td>I do not feel well.</td>
<td>Je ne me sens pas bien.</td>
<td>Non mi sento bene.</td>
<td>Me siento mal.</td>
<td>Ich fühle mich nicht gut.</td>
</tr>
</tbody>
</table>

Getting Through Security

- Animas recommends that the insulin pump be inspected either by hand or with a hand wand.
- Animas claims the insulin pump cannot go through x-ray as it can damage the software and affect the insulin delivery.
- Minimed claims their insulin pumps are designed to withstand common electromagnetic interference, including airport security systems.
- You can always ask for a patdown.
Don’t Be Shy

- If you are traveling with a group, let others know that you have diabetes
- Ask for help when you need it
- Always tell the group leader that you have diabetes, and describe signs of a low
- Always wear your Medical ID!
Let the Fun Begin!

- New location
- New time zone
- New climate
- New altitude
- Unfamiliar foods
- Different activity and exercise
- Different healthcare options
- Different language
Time Traveling!

- Traveling can really throw people with diabetes off schedule, and at no fault of their own.
- Make a plan for changing time zones with your doctor.
- Insulin needs are based on your body’s internal clock, *not the time on the clock.*
Check List

Before you travel

- Letter from Endo saying you have diabetes/what supplies you need to keep with you during travel (in local language too!)
- Prescription list (diabetes and travel meds)
- Pack at least double supplies
- Divide supplies among your travel companions
- Keep supplies with you

- Research local emergency resources
- Research local foods
- Let those who need to know that you have diabetes
- Check more often
- Be aware of the differences at your destination that could affect your BG
- Create a plan with your endo for time zone changes
Have a safe trip and enjoy yourself!
References

Images:
- allisonkatemurray.blogspot.com
- http://www.frioinsulincoolingcase.com/

Content:
- http://www.diabetes.co.uk/diabetes-travel-tips-and-
Story time

- Shattered insulin in Romania
- Security in India
- Security in Israel
- Kinan pump stolen in Costa Rica
- Donovan bags disappeared in Amsterdam
- Pump moment in Italian McDonalds
- Tara filling prescriptions in Switzerland