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## Travel Tips

### Packing

- ☺ How much you pack depends on the length of your journey and your destination, but here's a simple rule: Pack Everything. Plus Extras. Times Two!
- ☺ Take a pump set for every day you'll be away (every other day if traveling for more than 10 days – two weeks).
- ☺ Make sure pump sets and reservoirs are from different lots in case a certain lot gets recalled.
- ☺ Pack strips for number of times you check each day X number of days you'll be away, then double.
- ☺ Even if you are on a CGM take more strips than what you need to calibrate. You never know when you lose a transmitter or receiver.
- ☺ Make sure strips are from different lots
- ☺ Remember **all** your insulins: Humalog / Novalog; Levemer / Lantus—Make sure they are from different lots!
- ☺ Take syringes / pen needles for the number of times you bolus each day X number of days you'll be away then double it.
- ☺ Keep all insulin supplies in your carry on.
- ☺ Take Frio packs to keep your insulin cold.
- ☺ Pack a few Ziploc bags to place your meter, receiver and pump to keep it dry and waterproof.
- ☺ First aid bag. This might not necessarily be directly related to T1D but it's

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- ✔ smart to pack a case with things like Neosporin, Band-Aids, Advil (Dexcom advises against the use of Tylenol, as it may give false high readings), anti-diarrhea meds, anti-nausea meds, electrolytes and adhesive (to secure Dexcom in place).

## **Before you go**

- ✔ Make a paper copy of your prescriptions to have with you in case you need to go to a pharmacy.
- ✔ Have a letter from your doctor indicating that you have Type 1 diabetes and list the supplies you need to take on board with you. Be specific.
- ✔ Download your pump and print out the settings (in case your pump fails).
- ✔ Reserve a travel pump. This needs to be done 30 days in advance.
- ✔ Program your travel (loaner) pump with your settings.
- ✔ Write down your username and password to your online pump program so you can access it remotely if you need to.
- ✔ If on shots, have a copy of your I/C ratios, Sensitivity ratios, and Lantus dose.

## **During travel**

- ✔ Body needs more insulin in altitude.
- ✔ Increase basal when sitting in a plane or in a car for many hours.
- ✔ Take snacks for the plane, not just low supplies.

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- ☺ Eastward travel means a shorter day. If you inject insulin, less may be needed. Westward travel means a longer day, so more insulin may be needed.

## **Traveling with Diabetes Supplies**

- ☺ Keep your diabetes supplies with.
- ☺ Ask your travel companions if you can pack some back-up supplies in their bags.
- ☺ 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.
- ☺ Good to know: the TSA allows an extra carry-on for medical supplies.
- ☺ TSA will allow you to take juice if you explain it is for medical purpose (to treat lows).
- ☺ Check out Frio products to keep insulin cool.

## **Getting Through Security: To X-Ray or Not To X-Ray?**

- ☺ Animas recommends that insulin pumps be inspected either by hand or hand wand.
- ☺ Minimed claims their insulin pumps are safe for airport security systems.
- ☺ General rule is that the old school x-ray machines are ok but avoid the new ones. \*
- ☺ You can always ask for a pat down at security.

\* Contact your pump and sensor company for more details.

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## **At Your Destination**

- ✔ You'll be in a new location, new climate, new time zone, and new altitude, with new foods, customs, language, and healthcare. Plan ahead!
- ✔ Know the names, locations, and phone numbers of the nearest hospitals, clinics, and emergency services that speak English.
- ✔ Learn how to say common phrases in the local language such as "I am diabetic", "Where is the nearest doctor", "I need help immediately", and more (see [Katie Craft's presentation](#) for a detailed list of phrases).
- ✔ Do some research on the local foods at your destination.
- ✔ Monitor your BG and pay attention to the results.
- ✔ You can bring your own food if you want.
- ✔ Insulin needs are based on your body's internal clock, not the time on the clock, so make a plan for changing time zones with your doctor.

## **General Advice**

- ✔ 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.
- ✔ Walgreens and CVS have a nation wide database allowing your records to be accessed at any location in the US in case something happens to your insulin or strips. Make sure you still have refills.

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- ☺ Get travel insurance.
- ☺ Beware of the hotel fridge; they can be very iffy and unpredictable. They can easily freeze. It is safe to keep insulin at room temperature, make sure your room is not hot and the heater/fireplace are not running. If you don't trust this theory, you can keep the insulin in an insulated bag or lunchbox and place that in the fridge or place the insulin vial in an ice bucket (even if it melts it's still cool enough).
- ☺ **Most importantly... Enjoy yourself!!**