



Packing & Travel Tips

Before You Go:

- Try to stock pile supplies. Some insurance companies even allow for a vacation override to allow you to have extra supplies for travel. If not, ask your doctor to write prescriptions for more than you actually use of insulin and strips so that you can build a stock pile so that you have extra when you travel. x
- 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. (this isn't required, but it's good to have)
- **Download your pump and print out the settings**
- Make copies of your pump settings; or if on shots, I/C ratios, Sensitivity ratios, and Lantus dose
- Program your travel pump with your settings (check with your pump companies. Some claim that you'll be charged if you've "used" the pump).
- Write down your username and password to your pump program online so you can access it remotely or ask someone else to access it, if you need to.
- **Reserve a travel pump:**
 - **Minimed:** Information about travel:
<http://www.medtronicdiabetes.com/lifestyle/travel>
 - **Minimed loaner request form:**
 - Loaner pump duration 90 days. Military personnel can have that extended to the length of their deployment.
 - Cost: \$50 dollars non refundable. If pump is not returned within 2 weeks of your return, then you will be charged \$3,600 to cover the cost of the pump.
 - Request pump a month before your departure online at:
https://medtronicdiabetes.secure.force.com/medtronicdmcom/Transformer_Form_Travel_Loaner
- **Animas:** Loaner Pump
 - Loaner pump available for international travel only.
 - Twice a year, 30 days each time.
 - \$50 per time, non refundable.
 - Call two weeks before travel 877-937-7867. Option 2, supplies.
 - Can't be programmed ahead of time. Only use in case of emergency.

- **Tandem: Loaner pump**
 - For international travel
 - For 90 days or you can get authorization for longer.
 - No Charge for loaner pump as long as you return it. Keep credit card on file in case you don't return it.
 - Call Customer Tech Support 877 801 6901, Option 1.

Packing Your Supplies

- Pack batteries for pump, meters (including ketone meter) and spare meters
- Take an infusion 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 (this has happened!)
- Pack strips for number of times you check each day X number of days you'll be away, then double.
- 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. Extra extras can be sent in checked in luggage.
- Take Frio packs to keep your insulin cold (sold on Amazon and other sites; Google search: "Frio packs").

During Travel:

Consult with your medical professional, but in general:

- Change time on pump in 3- 4 hour increments. Starting the day before take off.
- Body needs more sugar 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.

When You Arrive:

- Change the time settings on the pump and on any meters that link to it.
- Expect a few days of BGs being out of whack, and sometimes even throughout entire vacation. It's hard to guess carbs in new foods. Remember vacation fun is more important than perfect BGs (really, it is!).

The information presented here is meant to assist you in your travel plans and should in no way replace the advice and medical care given to you by your health care team.

Useful Web Links

ADA Travel Guide:

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html>

ADA Travel & Diabetes FAQ:

<http://www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes/>

TSA Medical Notification Cards:

https://www.tsa.gov/sites/default/files/disability_notification_card_508.pdf

TSA Cares:

1-855-787-2227

Links to More information:

http://www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes/where-can-i-find-more.html?utm_source=Offline&utm_medium=PDF&utm_content=TSA-fact-sheet&utm_campaign=ADV

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