

### Preparing for your trip

- Schedule an appointment with your medical team at least 2 weeks in advance of travel
- Obtain a travel letter stating that you have diabetes and must carry all supplies
- Keep a record of all medications and doses (including pump settings)
- Fill prescriptions for back up medications (pens, pen needles) and know your Lantus dose (in case of pump failure)
- Reach out to the Transportation Safety Administration (TSA) if flying
  - <https://www.tsa.gov/travel>
  - TSA Cares helpline: Call 72 hours prior to traveling 855-787-2227
  - Email: [TSA-ContactCenter@tsa.dhs.gov](mailto:TSA-ContactCenter@tsa.dhs.gov), Facebook, or Twitter (AskTSA)
- International travel
  - Check what types of insulin are available in the country you will be traveling in
  - Look up local pharmacies, local hospitals
  - Obtain travel medical insurance (call current insurance company)
- Cruise ships: Obtain information about available medical support on the ship and when docking

### Packing for your trip

- Bring all medications including extra in case of travel delays. Medications should be in original labeled packaging
- Blood glucose meter, extra test strips, ketone strips
  - Treatment for hypoglycemia including **glucagon**. If traveling to places with extreme temperatures, bring low treatments that will not freeze or melt (honey, glucose tabs)
- Cool packs (Frio, PackIt)
- Extra food

***All medications and supplies should go in a carry on item, never checked!***

### During the trip

- If flying, avoid x-ray scanning or body scanning of insulin pumps or continuous glucose monitors
- On flights, consider disconnecting insulin pumps during take-off and landing
  - Always check for bubbles in tubing if there are abrupt changes in cabin pressure
- Be aware of time zone changes and adjust doses accordingly
- Notify a friend or family member in your travel group of your diabetes
  - Wear a medical alert ID
  - Carry emergency contact information
- Check blood glucose more frequently, especially with change in activity levels
- Avoid extreme temperatures for supplies (pumps, insulin, glucose meters)
- Do not walk barefoot
- Pump wearers: Utilize temporary basal rates as needed