

Traveling and diabetes

Travel takes you away from home—and away from your daily routine for managing diabetes. Plan ahead to help you keep diabetes under control when you're traveling.



Travel tips

- ✓ **Go with a travel partner.** This is especially important on long trips or trips out of the state or country. Make sure this person knows how to use your diabetes medication and supplies and knows what to do in an emergency.
- ✓ **Always keep your medication and supplies with you.** Don't check the bag that has these things in it, especially if you're traveling by plane.
- ✓ **Take care of yourself.** Rest often and drink plenty of water. Walk or do some other exercise when you can.
- ✓ **Give yourself plenty of time.** Rushing can cause stress, which can affect your blood sugar.



Things to bring with you

- Medical ID bracelet or necklace that says you have diabetes.
- Healthy snacks in case meals are delayed. If you use insulin or take a medicine that can cause low blood sugar, keep fast acting carbs with you (like raisins or glucose tablets).
- Letter from your doctor or clinic that:
 - Explains that you have diabetes and have to carry the medications and supplies you need
 - Lists all your medications and any allergies you might have
 - Explains what to do in a medical emergency
- All your medications and supplies, with their prescription labels on the package. If you take insulin, make sure you have a way to keep it cool, dry, and away from sunlight.
- Extra medications, supplies and batteries (if needed) in case you stay longer than planned.
- Prescriptions for your medications and supplies in case you run out.
- Name, address, and phone number of a doctor, clinic, or hospital where you will be traveling.
- Fast-acting carbohydrate (such as raisins, juice, or glucose tablets) in case your blood sugar is too low. This is especially important if you're on insulin or another medication that lowers your blood sugar.
- Comfortable, well-fitting shoes to help keep your feet healthy.
- List of ways to ask for help if you don't speak the local language. Learn or write down important phrases in that language, such as "I need a doctor," "I need help," or "I need sugar or juice."