



## Travel Tips

Planning that dream vacation? Diabetes can add a little extra prep work to your vacation planning, but it is not a showstopper. Use this tips & tricks guide to make your trip as smooth as possible. Bon voyage!



### Before You Leave:

- Visit your doctor for a checkup to ensure you're fit for the trip.
- Just in case, locate pharmacies and clinics close to where you're staying.
- Get a medical ID bracelet that states you have diabetes and any other health conditions.
- Consider getting travel insurance in case you miss your flight or need medical care.
- If flying, check [TSA.gov](https://www.tsa.gov) for the latest tips for travelers with diabetes.
- Set an alarm if you're traveling across time zones to ensure you're taking your medication at appropriate intervals.



### Packing Tips:

- Put your insulin and glucose tablets in your carry-on bag (insulin could get too cold in your checked luggage).
- Pack twice as much medicine as you think you'll need. Store medicines in the pharmacy bottles they came in, or ask your pharmacist to print out extra labels that you can attach to unmarked containers.
- Be sure to pack healthy snacks like fruit, veggies and nuts.
- If your vacation is in the great outdoors, bring wet wipes so you can clean your hands before you check your blood sugar to ensure the most accurate reading possible. They also come in handy for cleaning the injection site if you take insulin.



### While You're Away:

- It's very common for blood sugar to be out of whack when you're out of routine, so be sure to check your blood sugar often while traveling. This is even more important if your activity level changes, you eat new foods, or you're venturing into extreme cold or hot climates.
- Food is a huge highlight of any vacation! Be mindful of new foods that might spike your blood sugar. Savor a few bites and see how you feel. Listen to your body as you tune into the delicious flavors and textures.
- Traveling out of the country? Try learning some useful phrases, such as "I have diabetes" and "where is the nearest pharmacy?"



### Flying Tips

- Inform the TSA officer that you have medically necessary liquids and/or medications and separate them from other belongings before screening begins. Also declare accessories associated with your liquid medication such as freezer packs, IV bags, pumps and syringes. Medications in pill or other solid form must undergo security screening. Labeling these items can help facilitate the screening process.
- TSA allows larger amounts of medically necessary liquids, gels, and aerosols in reasonable quantities for your trip, but you must declare them to TSA officers at the checkpoint for inspection.
- Accessories such as ice packs, freezer packs, gel packs, and other accessories may be presented at the screening checkpoint in a frozen or partially-frozen state to keep medically necessary items cool.

Above all, **have fun!** The better you prepare the more time you can spend relaxing and enjoying the exciting experiences of your trip.