

# Your navigating travel with diabetes checklist!

Please note: this is a guide only. You should always consult your healthcare team prior to travel with diabetes.

## Before your trip - Equipment

### Diabetes specific:

- Insulin pens/cartridges/vials/pen needles/syringes - and spares!
- Glucagon kit
- Hypo treatment of choice
- Travel sharps container
- Glucose meter x 2 + strips
- Ketone meter + ketone strips
- Cooler bags e.g. FRIO, 4AllFamily
- MedAngel thermometer
- 2 watches or devices (one with current time zone time and one with destination time)
- Snacks - low carb/high carb, quick acting, longer acting gels
- Medical ID - e.g. Medicalert jewellery

### General health:

- Sunscreen
- Heat pack
- Face masks
- Hand sanitiser, wipes, glen 20 on the go
- Wifi hotspot device and VPN for connecting to public wifi
- Device chargers & universal power plugs
- Battery packs
- Spare batteries for your devices

## Emergency medicines that are not diabetes related:

• Anti-nausea	• Pain relief	• Lacteze tablets
• Anti-diarrhoea	• Antiseptic cream	• Antihistamines
• Electrolyte replacement	• Insect repellent	



## Before your trip - Paperwork

- Travel letter about your medications (including pen needles, lancets)
  - GP/Endocrinologist or Diabetes Educator
  - Keep your letter with your supplies, and take a photo of your letter
- Keep a copy of your insulin plan and your back up plan (including doses & instructions).
- Copies of your settings or insulin calculator meter
- Passport/tickets/visa
- Prescriptions
- NDSS card
- Sick day plan
- BGL conversion chart
- Diabetes and travel alert card: [www.pdhealthhub.com.au/resources](http://www.pdhealthhub.com.au/resources)



## Know your destination. Register with Smart Traveller.

- Australian embassy details for that location(s)
- Medications banned in certain countries

# Before your trip - Things to consider

- Where will your nearest hospital/doctor be, do you have healthline numbers to call?
- Services available at your accommodation
- Language barriers - translator apps
- Travel insurance, home & contents insurance (check the fine print)
- Time zones, meal times & long acting insulin
- Safety
- Make sure you feel confident balancing alcohol, exercise, different foods and their influence on your BGL's
- Medicare + reciprocal agreements are available with certain countries
- Facebook diabetes groups in other countries
- Allergies + Epipens (if required)
- Vaccinations required for certain countries
- COVID-19 and other infection risks for the countries you are travelling to
- Contacts for pump companies in other countries
- Airport security: volume restrictions, medication restrictions - know your rights

Make sure you update your MDI strategy/ timing when changing time zones, too!

## During your trip!

### Now the fun begins!

#### Equipment:

- Keep all medicine & supplies in carry-on luggage if possible
- Keep snacks on hand
- Sunscreen



### Other things to consider:

- Time zones
- Temperature changes
- Jetlag
- Beach trips & caring for your devices



## Considerations when you get back:

- Jetlag & readjusting to time zones
- Long-acting insulin adjustments
- Can I keep my insulin or not? Is my insulin cloudy? Has it been frozen?
- Review MedAngel
- Replace anything that's broken or was lost
- Top up emergency supplies used
- Checking your glucagon is still in date

