

Packing for your Trip

CARRY ON

- Double the supply of insulin or pills for diabetes that you will need
- Double the number of syringes and needle tips, plus an extra insulin pen if needed, or pump infusion sets
- Blood glucose monitoring supplies
- Fast-acting sugar to treat low blood glucose
- Extra food to cover delayed meals (cookies, crackers, juice, granola bars)
- Ketone monitoring supplies (type 1 diabetes)
- Anti-nausea and anti-diarrhea pills
- Pain medication
- Glucagon kit (if taking insulin)
- Travel letter with medication list and phone numbers of your doctor and diabetes educator
- ID card / medic alert bracelet
- Supplies for the trip home in case you run into any problems

IN LUGGAGE

- Sunblock
- Insect repellent
- Large amounts of bottled water, if necessary
- Comfortable walking shoes that you have worn before
- Extra batteries (for meter and pump)
- Extra glucometer
- First aid kit (bandages, cotton balls, disinfectant, scissors, tweezers, nail clippers and topical antibiotic ointment)
- Carbohydrate counting resources

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