

CHECKLIST FOR HOLIDAYS AND TRAVEL

Item	Tick
Passport /visa /tickets	If going abroad
Insulin	Take double quantity and if possible share with friend, Always carry in hand luggage, never in the hold
Pen devices	Take spare pens, in case of breakage. Carry in hand luggage
Insulin storage	Consider frio bag or cool bag(avoid ice contact with insulin)
Other medication	Any other prescribed medication
Testing equipment	Take double if possible and always in hand luggage
Hypo Treatment	Take glucose tablets or jelly sweets if flying as liquid will not be allowed through. Also remember back up CHO– e.g. cereal bar.
Sharps bin/alternative	Consider how you will dispose of your sharps
Ketone meter and ketone strips in date	Just in case you become unwell
Sick day Rules	Take a copy of them – just in case
Insurance	Make sure it covers you for diabetes, and keep policy with you
Travel letter	Available from hospital at no cost. Letter is not time limited
European Health Card	If travelling in Europe!
Prescription list and doses	Helpful if you do need to replace any medication. Or take letter with prescribed medications and doses.
I.D.	Card, or bracelet etc
Immunisations	Plan ahead - don't leave until last minute
Local pharmacy and Dr/hospital	Research where nearest pharmacy and

	medical facility is to your holiday destination.	
Local dialect/language	If going to a country where English is not spoken, write down some helpful phrases	
Insulin names abroad	If you are going to a far away country – check what your insulin is called in that country and what strength it is	
Time zones	Should not be so difficult on basal bolus, but if need help get in touch before you go on holiday	
Heat	May need less insulin	
Sunburn	Avoid sunburn – use sunscreen and sensible precautions e.g. hat	
Foot care	Check feet carefully, holiday footwear and different activities	
Alcohol	Safe practices – eat carbohydrate before bed!	
Water	Use bottled water if abroad. Avoid ice.	
Food	May be very different. Estimate carbohydrate to best of ability.	
Driving rules	Test before driving, stop and retest every 2 hrs	
Emergency contacts	Keep a list of emergency contacts on you.	
Flying – time zones	Travel flight calculator www.voyagemd.com	
Flying – cabin staff	You may wish to inform cabin staff of your diabetes	