

# Travel checklist for type 1 diabetes

**Good planning before taking a trip is important for everyone, but more so when you have diabetes. Things to consider include airline regulations, a well-timed itinerary, in-flight needs and being prepared for that ‘what-if’ situation. For people with type 1 diabetes there are even more considerations to be aware of. The checklist below has been developed to help you to have a safe, fun and hassle-free trip, whether travelling by plane, train or motor vehicle.**

Supplies	General recommendations
Diabetes supplies and equipment	<ul style="list-style-type: none"> <li>• When travelling by air, place all diabetes supplies in your carry-on luggage, preferably split between two bags.</li> <li>• Pack into one bag all the supplies you will need in-flight until you reach your destination.</li> </ul>
Insulin	<ul style="list-style-type: none"> <li>• When travelling overseas, insulin must be in your carry-on luggage and in pharmacy-labelled packaging (each box of 5 needs a separate label).</li> <li>• Store in a cool pack in your carry-on luggage, not in the aircraft hold.</li> <li>• Don't skip your insulin.</li> <li>• Check availability of the insulin you use in the countries you plan to visit.</li> <li>• Ask your diabetes educator about time zones, if applicable.</li> <li>• Declare your medications and diabetes supplies on your immigration card and at security checkpoint.</li> </ul>
Insulin pen	<ul style="list-style-type: none"> <li>• Take spares.</li> </ul>
Pen needles	<ul style="list-style-type: none"> <li>• Take more than you need for the trip, in the correct size.</li> </ul>
Insulin pump (if used)	<ul style="list-style-type: none"> <li>• Declare your insulin pump at the security checkpoint and inform security staff that your pump must not be removed (reinforced by doctor's letter – see page 2).</li> </ul>
Insulin pump consumables	<ul style="list-style-type: none"> <li>• Take spares: inserter, lines, also wipes, 5c piece.</li> <li>• Talk to your diabetes educator about your NDSS allowance for supplies.</li> </ul>
Blood glucose meter	<ul style="list-style-type: none"> <li>• Take a spare meter plus batteries.</li> </ul>
Blood glucose strips	<ul style="list-style-type: none"> <li>• Talk to your diabetes educator about your NDSS allowance for supplies.</li> <li>• When travelling overseas, check availability of strips in the countries you plan to visit.</li> <li>• Remember that you may need to test more often in-flight.</li> </ul>
Lancets	<ul style="list-style-type: none"> <li>• Take extras.</li> </ul>
Fingerpricker	<ul style="list-style-type: none"> <li>• Take a spare.</li> </ul>
Ketone strips	<ul style="list-style-type: none"> <li>• Ensure strips are in date before departure.</li> </ul>
Batteries	<ul style="list-style-type: none"> <li>• Take spares for meter and (if used) insulin pump.</li> </ul>

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**Use this checklist in conjunction with the *Travel and Diabetes* information sheet available from your State or Territory Organisation of Diabetes Australia. And don't forget to discuss your travel plans with your doctor or diabetes educator.**



# travel checklist

Supplies	General recommendations
Sharps container	<ul style="list-style-type: none"> <li>• Take travel-size container with lid.</li> <li>• Contact relevant diabetes association/s before departure re local sharps disposal services. (Note: Some airports/aircrafts provide sharps containers).</li> </ul>
Glucagon	<ul style="list-style-type: none"> <li>• Check expiry date.</li> <li>• Must be packed in carry-on luggage and in pharmacy-labelled packaging.</li> </ul>
Doctor's letter	<ul style="list-style-type: none"> <li>• Make sure the letter is typed and therefore readable.</li> <li>• Keep several copies with your travel documents and present at security checkpoint if necessary.</li> <li>• The letter should outline your medical condition/s, the insulin (and frequency of dosage) you take, devices used, the importance of carrying medication/s with you and that your insulin pump (if used) must not be removed.</li> <li>• Consider whether the letter needs to be translated into the language/s of your travel destination/s.</li> </ul>
Extra prescriptions	<ul style="list-style-type: none"> <li>• Contact the relevant association (IDF website <a href="http://www.idf.org">www.idf.org</a>) to check if the insulin you use is available at your travel destination – particularly important if you are going there to live or to stay for an extended time.</li> </ul>
Vaccinations	<ul style="list-style-type: none"> <li>• Check relevant requirements well in advance.</li> </ul>
Identification	<ul style="list-style-type: none"> <li>• With international symbol, specify type 1 diabetes.</li> <li>• Specify if you use an insulin pump.</li> </ul>
NDSS card	<ul style="list-style-type: none"> <li>• Take your NDSS card as proof that you have diabetes.</li> </ul>
Hypo kit	<ul style="list-style-type: none"> <li>• Take hypo kit containing quick acting carbohydrate such as juice tetrapak/jelly beans/muesli bar/biscuits.</li> </ul>
Carbohydrate snacks	<ul style="list-style-type: none"> <li>• Pack carbohydrate containing snacks in carry-on luggage.</li> </ul>
Airline meals	<ul style="list-style-type: none"> <li>• There is no need to order 'diabetic' meals.</li> <li>• If insufficient carbohydrate is served with your meal, ask for extra carbohydrate or use your packed carbohydrate snacks.</li> </ul>
Cool pack	<ul style="list-style-type: none"> <li>• Take a cool pack in your carry-on luggage to store insulin (eg: Frio pack available from your State or Territory Organisation).</li> </ul>
Clock/watch	<ul style="list-style-type: none"> <li>• Take two watches – one set on 'departure' time and one set on 'destination' time.</li> </ul>
Sick day management	<ul style="list-style-type: none"> <li>• Refer 'Ketone strips' on page 1.</li> <li>• Take sick day kit and management guidelines (talk to your diabetes educator).</li> </ul>
Contact details	<ul style="list-style-type: none"> <li>• Take phone and email details of your endocrinologist, diabetes educator and (if relevant) insulin pump company.</li> <li>• Consider making contact before departure with an endocrinologist or diabetes organisation at your travel destination.</li> </ul>
First Aid kit	<ul style="list-style-type: none"> <li>• Stock kit with basic first aid items such as bandaids, antiseptic, thermometer etc.</li> </ul>

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The design, content and production of this diabetes information sheet has been undertaken by the eight State and Territory member organisations of Diabetes Australia Ltd listed below:

- > Diabetes Australia – NSW
- > Diabetes Australia – Queensland
- > Diabetes ACT
- > Diabetes SA
- > Diabetes Australia – Victoria
- > Diabetes Australia – Tasmania
- > Diabetes WA
- > Healthy Living NT

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