



Checklist for Traveling with Diabetes

PLANNING & PREPARATION

Master Checklist

- Research vacation logistics
- Consult doctor before trip
- Make booking agents aware of your diabetes
- Request hotel/motel room with refrigerator

Research Vacation Logistics

- Where to do I want to go? _____
- How am I going to get there? _____
- Do I plan to keep things tight? Loosen up a bit? _____

Consult Your Doctor/Healthcare Practitioner

- Appointment made for _____ with _____
- Make sure to get:
 - Letter of medical history
 - Medications and supplies
 - Written prescription(s)
 - Discuss adjustments, if needed _____
- Health Insurance
 - Contact numbers _____
 - Where to obtain medication/care _____
- Vaccines

Reservations

- Booked with _____
 - Confirmation _____
 - Insurance for trip? _____ Cancellation Policy? _____
 - Passport _____ Visa _____
 - REFRIGERATOR IN ROOM AT NO COST? (health related)



Checklist for Traveling with Diabetes

PACKING

<u>Master Checklist</u>	
Diabetes supplies and medical ID	<input type="checkbox"/>
Doctor's note	<input type="checkbox"/>
Labeled medication	<input type="checkbox"/>
Extra prescription forms	<input type="checkbox"/>
Extra batteries	<input type="checkbox"/>
Food and water	<input type="checkbox"/>
Comfortable footwear	<input type="checkbox"/>

Wear ID at All Times

- Type of ID _____

Foot Care

- Wear/bring comfortable, worn-in shoes
- Inspect feet at least daily for changes

TRAVELING BY PLANE OR TRAIN

<u>Master Checklist</u>	
Book reservation early and reserve aisle seat	<input type="checkbox"/>
Get up and stretch	<input type="checkbox"/>
TEST! DON'T GUESS	<input type="checkbox"/>
Bring snacks	<input type="checkbox"/>
Drink lots of water	<input type="checkbox"/>
Check for in-flight meal/bring healthy foods	<input type="checkbox"/>

Check with Transportation Security Administration (www.tsa.gov)

- Notify security screener that you are carrying your supplies
- One carry-on limit and one personal item does not apply to medical supplies and equipment



Checklist for Traveling with Diabetes

TRAVELING BY CAR

Master Checklist

- TEST! DON'T GUESS
- Pull over to test
- Keep fast-acting glucose handy
- Don't drive with blood glucose under 100mg/dL

TRAVELING BY BOAT

Master Checklist

- Make early reservations
- Be prepared for motion sickness
- Check-in with medical staff
- Avoid the buffet; control portions
- Check insurance/cancellation policy
- Bring extra food

DON'T FORGET...

Master Checklist

- Eat healthy
- TEST! DON'T GUESS
- Always carry good and supplies
- Expect delays
- Good control = more fun

Remember... when it comes to traveling, be safe, have fun, and enjoy!