

CHECKLIST for TRAVELING WITH DIABETES

Plan and Prepare

<input type="checkbox"/>	Research vacation logistics.
<input type="checkbox"/>	Consult doctor before trip.
<input type="checkbox"/>	Make booking agents aware of your diabetes.
<input type="checkbox"/>	Request hotel/motel room with refrigerator.

Personal Goals

Where do I want to go? _____

How am I going to get there? _____

Do I plan to...

keep things tight? _____

loosen up a bit? _____

blow it? _____

Reservations

Reservations made with _____

Confirmation? _____

Cancellation policy? _____

Insurance for trip? _____

Refrigerator in room at no extra cost – health related

PACKING

<input type="checkbox"/>	Diabetes supplies and Medical ID
<input type="checkbox"/>	Doctor's note
<input type="checkbox"/>	Labeled medications
<input type="checkbox"/>	Extra prescription forms
<input type="checkbox"/>	Extra batteries
<input type="checkbox"/>	Food & water
<input type="checkbox"/>	Comfortable footwear

Make appointment with health care practitioner

Appointment made with _____
Time: _____

Make sure to get:

Letter of medical history _____
Medications and supplies _____
Written prescription _____
Discuss adjustments if needed _____

Health insurance

Contact numbers _____

Where to obtain Medication/Care _____

Vaccines _____

Passport _____

Visa _____

Wear Identification at all times

Type of ID? _____

Foot Care

Wear/bring comfortable worn in shoes _____

Inspect feet at least daily for changes.

Car Trips

<input type="checkbox"/>	TEST! DON'T GUESS.
<input type="checkbox"/>	Pull over to test.
<input type="checkbox"/>	Keep fast-acting glucose handy.
<input type="checkbox"/>	Don't drive with blood glucose under 100mg/dL.

Plane or Train

<input type="checkbox"/>	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"/>	Find out if there's an in-flight meal and bring healthy foods.

Check with Transportation Security Administration <http://www.tsa.gov>

-Notify screener that you are carrying your supplies.

-One carry-on limit and one personal item does not apply to medical supplies and equipment.

Boat Trips

- | | |
|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Make early reservations. |
| <input type="checkbox"/> | Be prepared for motion sickness. |
| <input type="checkbox"/> | Check-in with medical staff. |
| <input type="checkbox"/> | Avoid the buffet; control portions. |

Check the insurance/cancellation policy

Bring extra food

Don't Forget ...

- | | |
|--------------------------|---------------------------------|
| <input type="checkbox"/> | Eat healthy. |
| <input type="checkbox"/> | TEST! DON'T GUESS. |
| <input type="checkbox"/> | Always carry food and supplies. |
| <input type="checkbox"/> | Expect delays. |
| <input type="checkbox"/> | Good control = more fun. |
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Remember....

When it comes to traveling...Be safe to Have Fun and Enjoy!
