Check List:
- List of Pharmacists
- Strips
- Snacks
- First Aid Kit
- Ziplock Supplies
- Passport
- Medications
- Diabetic Supplies
- Emergency Contacts
- Travel Insurance
- Travel Adapter
- Personal Travel Needs
Diabetes Travel Guide

Diabetes can be hard to live with as we try to keep our daily schedule. Adding a trip or vacation to the mix can send diabetes control right out the window sometimes. Planning for a vacation can be a headache in and of itself. To add in all of the precautions that an individual with diabetes has to take, it can get pretty overwhelming.

Preparations vary according to the type of trip you are going to take. For example, if you are going to be going to visit your great aunt you may need to take into account that you probably won’t be moving around much so you will need to adjust your insulin. However, if you are going camping for the weekend you will most likely be more active than usual and you will want to stock up on the snacks to keep your blood sugar up.

Remember that stress and anxiety can affect your blood sugar levels so try to remain calm when preparing for your trip. It may be a good idea to start early so that you don’t have to make any last minute changes that may cause additional stress. Here are a few ideas to help when packing for your many different summer excursions. It is always good to be prepared for any kind of diabetes mishap while traveling in unfamiliar surroundings.

**Packing:**

- Pack extra supplies and medication so that in the event that you run out you don’t have to scramble to find the nearest pharmacy.
- Make a list of all the items that you need on a daily basis for your diabetes care. Then make sure you pack enough of each item to last your entire trip. It is also a good idea to make sure that you will have enough supplies when you return home to last you for a few days.
- Make sure that you leave enough room in your luggage for your supplies. Diabetes supplies can take up a lot of room, especially if you use an insulin pump, so plan ahead for the needed space.
- Make sure that you pack extra snacks so that you have something to eat if you have a low episode.

**Flying:**

Pack any supplies that you need easy access to in your carry on bag and not your checked luggage. Most airport security personnel are now trained to recognize diabetic supplies so it doesn’t have to be a huge hassle to pack whatever you need in your carry on.

- Pack supplies not only in your bag that you will keep nearby, but also pack extras in your checked luggage so that in the event that you lose one or the other you will still have the supplies that you need.
- Keep medical information in your wallet or purse so that you will have it close by if you do need to access it during airport check in and security.
- Keep snacks with you to prevent low blood sugar in the event of flight delays or long waiting periods.
**Eating Out:**
It is hard to avoid eating out when you are traveling. Most of the time that food isn’t the best for you. If you want to stay on top of your diet so that it won’t slow you down, try planning ahead for what you may want to eat.
- Research the restaurants in the area you will be visiting to see if there are any healthy alternatives.
- There are several restaurants that now provide nutrition facts and menus online so that you can look up and plan your meals before you go.
- Take your own healthy snacks if possible so that you can avoid the urge to grab some junk food at the nearest gas station or snack cart.

**Camping:**
Camping preparation presents different needs as you plan for your diabetes care. It is very likely that following your camping trip all of your equipment will be covered in dirt. Take special care to keep your diabetic supplies clean to prevent any infections that may occur.
- Pack your supplies in a sealed bag or container and make sure that your hands are clean when handling them.
- Take a stocked first aid kit in case of injury. Because diabetics heal slowly and are more prone to infections, make sure you clean and tend to any injuries promptly.
- Make sure that you take enough snacks to eat in case of a low blood sugar, especially in remote areas.
- Keep some of your snacks that are sealed near you in your tent so that you will not have to leave and risk injury during the night.
- Plan your meals and pack your food according to your dietary guidelines. You may have to adjust your insulin if you plan to be more active than usual.
- Beware of temperature changes. Take measures to keep your supplies from getting too cold and too hot.

**Extended Stay Travel:**
If you are planning a trip that you will be gone for an extended period of time, make arrangements to have your supplies shipped to wherever you are staying. Or make sure you will have access to a local pharmacy and take all of your prescriptions with you so that you can refill them as necessary. If you will need to see a doctor while you are there, do some research so that you can find a doctor that has a good reputation and that you will be satisfied with.

**Medical and Emergency Information:**
- Before you leave on your trip compile an emergency contact list. Include phone numbers and addresses for your doctors, pharmacies, and insurance company as well as any other information that someone would need to know if they needed to help you get the care that you needed while you are gone.
- Leave a copy of the list with a friend or family member that will not be traveling with you. Keep the other copy with you.
- Write down all of your medications and pertinent medical history and treatments so that in the event of an emergency the medical team treating you will be able to provide the best care.
- Make sure you have insurance cards with you so that if you need to receive any medical treatment or fill a prescription you can do so with the least amount of hassle.
- Keep all of your medical information together and pack it so that you can get to it easily if need be.

In order to ensure an enjoyable and memorable vacation, plan ahead and be prepared for any diabetic related scenario. The more prepared you are, the less stress you will have. As you lower your stress levels, you may have better blood sugar control which will give you the ability to do and see everything that you would like to as you travel.