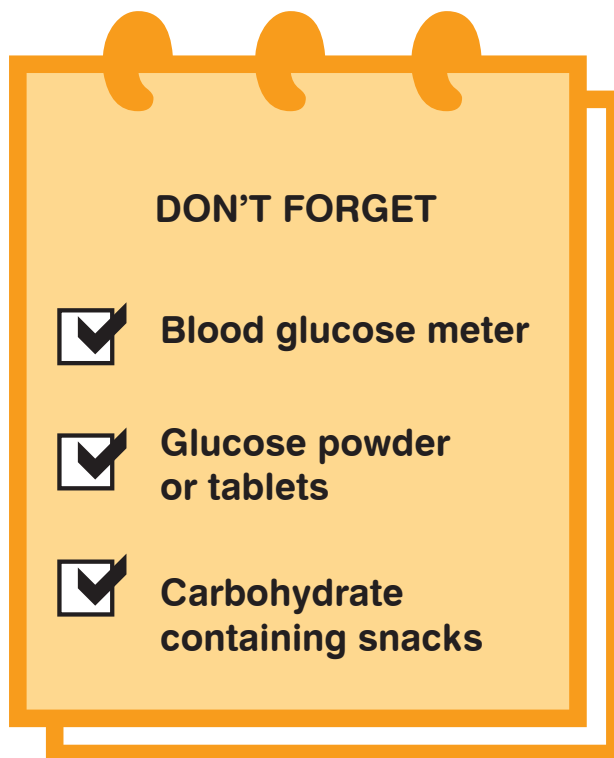


# Travelling Checklist



## 1. Insulins/insulin equipment

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- Extra supplies in clear bag in hand luggage. If more than one person is travelling it is a good idea to split the supplies.
- If you have/your child has an insulin pump you may be able to receive a spare one in case of emergency but do still remember to take your other insulin injecting equipment. For airport security information visit: [www.medtronicdiabetes.com/lifestyle/travel](http://www.medtronicdiabetes.com/lifestyle/travel)

## 2. Blood glucose/blood ketone monitoring equipment

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- Extra supplies
- Sick day management guide

## 3. Glucagen/Glucogel

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- Remember to keep Glucagen in a cool place and take six months off the expiry date if unused when you return.

## 4. An insulin travel wallet or cool bag for keeping medications cool

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- Frio pack is recommended: [www.friouk.com](http://www.friouk.com)

## 5. Travel letters

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The DNS will provide a letter to confirm:

- Carriage of insulin and diabetes equipment.
- Insulin pump use if applicable.

## 6. Diabetes identification

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- ALWAYS have something that identifies that you have diabetes and indicates how you are treated in an emergency.

The following websites are recommended:

[www.medicalert.org.uk](http://www.medicalert.org.uk)

[www.medi-tag.co.uk](http://www.medi-tag.co.uk)



**DISPOSAL OF SHARPS IS YOUR RESPONSIBILITY.**

**Take a safeclip with you** (available on prescription from your GP).

## Emergency Contact Numbers

**24 hour emergency helpline - see Contact List**

**Diabetes nurse specialists - see Contact List**

## Things to remember/consider before travelling

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### 1. Check in advance that your travel insurance covers you/your child for any diabetes treatment that may be required.

- Diabetes UK Insurance Services has created a travel insurance package.  
Visit website: [www.diabetes.org.uk](http://www.diabetes.org.uk)
- In addition, the **European Health Insurance Card (EHIC)** entitles you/your child to state provided health care for accidents or illnesses within European Economic Area or Switzerland but it will not cover you if you/your child needs to be brought home for medical reasons. It is free and valid for up to five years. This is available from the Post Office or online: [www.ehic.org.uk](http://www.ehic.org.uk)
- You may also require a letter saying you are fit to travel - available from the DNS.

### 2. Time zone changes

You may need to consider:

- Travelling West - taking basal insulin 2-3 hours earlier the evening before travel.
- Travelling East - taking basal insulin 2-3 hours later the evening before travel.

It is advisable to:

- Discuss with DNS if further advice is required.
- Keep blood glucose records in order to effectively manage holidays in future.

### 3. Specific countries

- Diabetes UK provide information for individual countries.
- Vaccinations may be required for certain countries - discuss with your GP or travel centre (diabetes should not impact on this).

Visit 'Fit for Travel' NHS website: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### 4. Extremes of temperature may affect blood glucose control.

- Insulin may be absorbed more quickly in hot weather and increase the risk of hypos.
- The risk of hypos may be increased if you are/your child is very active at a water park or in the pool.
- Keep the blood glucose meter in the shade.

In cold weather:

- Insulin is absorbed more slowly initially, but can be absorbed quickly once you warm up.
- The body also uses up energy staying warm and this can lead to hypos.
- It is important to keep the blood glucose meter in an inside pocket, as cold weather may affect its accuracy.

Insulin adjustments may be needed for holidays.

- If you require advice contact the DNS the week before you are going to travel. Have your recent blood glucose readings and insulin doses ready for this discussion.

- Adjustments to insulin doses may be suggested and it is essential to monitor, record, and make further adjustments as required.
- Keeping accurate records will enable you to manage your diabetes while on holiday.

#### **5. Availability of sugar-free diluting juices may be limited.**

#### **6. Travel sickness**

- If you are buying travel sickness remedies do inform the pharmacist that you/your child have/has diabetes.

#### **7. Music festivals**

- Access a leaflet on music festivals from the website:  
[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)