

Tips for Traveling

Traveling when you have diabetes can require some advanced planning. But it does not have to stop you from doing the things you like to do. You can travel by car, train or plane easily if you **follow these tips**:



Before you travel

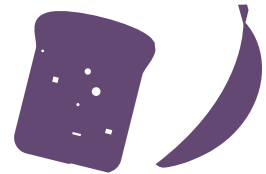
- ✓ See your doctor to make sure your diabetes is in good control.
- ✓ Get a prescription from your doctor for your medication so you do not run out.
- ✓ Get a letter from your doctor stating that you have diabetes and what medications you are on.



tip Schedule the exam at least 6-8 weeks before you travel.

Carry snacks to prevent low blood sugar

- fresh fruits
- granola bars
- dried fruits
- sliced raw vegetables
- trail mix
- peanut butter crackers



DO

- ✓ Pack 2x the amount of supplies you need
- ✓ Expect travel delays
- ✓ Have all syringes and other supplies clearly marked
- ✓ Test your blood sugar often



DO NOT

- ✗ Put medications in luggage; place in your carry on
- ✗ Forget to wear your ID bracelet
- ✗ Store insulin in the glove compartment of your car
- ✗ Forget you may be crossing time zones



If you have an insulin pump, make sure to update the time as you travel through different time zones.