

Tips for Traveling with Diabetes

Packing Supplies:

- ALWAYS CARRY 2-3 TIMES MORE THAN WHAT YOU THINK YOU NEED!
- Test strips/lancets/batteries for meter
- Pen needles/syringes
- Extra insulin: Lantus/Levemir and Novolog/Humalog/Apidra
- Glucagon and low blood sugar treatments
- **If on pump:** Infusion sets, reservoirs or pods, extra batteries for pump.
- Pack Lantus even if you are on an insulin pump. You will need it if your pump breaks.
- Call insurance well in advance for an “Emergency override” in case you need additional supplies for any of the above.
- Put all diabetes supplies/ meds in the Carry-on bag. DO NOT CHECK IT IN.
- Your medication can go in a separate bag than other liquids but it must be marked ‘medications’.
- Keep insulin and glucagon cool. Use a lunch box or Diapak with cooler bag.

Know Your Airport:

- Know the rules for security check in. It will make your airport experience better.
- Give yourself extra time at the airport.
- Insulin: Plan to make changes to insulin doses due to:
 - Long periods of inactivity (car ride, plane ride, etc.). Expect higher sugars.
 - Periods of increased activity (swimming, walking, skiing, etc.). Expect lower sugars.
- Get a “Travel Letter” from the clinic that says that your child has diabetes and needs access to supplies, medications and low blood sugar treatments.

Know your destination:

- Know how to find reliable medical care at your destination in case you need it.
- Try to research local foods and how many carbs they might have.

For international travel:

- If traveling more than 3 time zones, you may need to change the time you take lantus/levemir or change the times for your basal rate.
- If traveling to non-English speaking countries, it may help to learn phrases such as “I have diabetes”, “I need to go to a hospital immediately” etc. in the local language.
- Research the local English speaking doctors and nearest hospitals.

Have fun and send us a postcard!

Randall Children’s Diabetes and Endocrine Center

Office: 503-413-1600; After hours: 503-963-6113

www.legacyhealth.org/kidsonly



**RANDALL CHILDREN’S
HOSPITAL**
LEGACY EMANUEL

LEGACY
HEALTH

EMANUEL Medical Center

GOOD SAMARITAN Medical Center

MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center

SALMON CREEK Medical Center

RANDALL CHILDREN’S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

LEGACY LABORATORY

LEGACY RESEARCH

LEGACY HOSPICE