

Traveling Tips: What to Pack

Store the following in a water proof, insulated bag:

- Printed list of prescription medications and supplies -and/or- copy of prescription labels
- Printed copy of health insurance card and prescription card
- Diabetes clinic and pharmacy contact information
- Pharmacy contact information of your destination
- Emergency contact information
- Printed copy of insulin regimen. For pump users, list/picture of pump settings including basal rate(s), insulin to carbohydrate ratio(s), insulin sensitivity factor(s)
- Insulin
- Cooler and cooling packs (such as FRIO pack)
- Extra glucose meter and batteries
- Meter test strips
- Lancets
- Syringes or pen needles, and container for disposal
- Alcohol wipes
- If pump user, insulin pump supplies and batteries/charger
- If possible, a back-up pump provided by the pump company
- If continuous glucose monitoring (GCM) user, CGM supplies and charger
- Glucose tablets or other nonperishable fasting-acting carbohydrates for treating hypoglycemia
- Glucagon kit
- Ketone test strips
- Anti-nausea medicine (if prescribed by your provider)
- Sugar free beverages
- Nonperishable food, preferably food that does not have to be heated. If packing canned food, make sure to have a can opener.
- Other prescription and over the counter medications
- Medical bracelet

For Day Trips:

Bag to hold supplies

Rapid acting insulin (Humalog or Novolog) vial and/or pen

Long acting insulin (Lantus or Levemir) vial and/or pen

Blood glucose meter and strips

Lancets

Glucagon kit
Ketone test strips
Alcohol swabs
Log book
Calculator
Cooler for insulin
Glucose tablets or other fasting-acting carbohydrates for treating hypoglycemia
Snacks
Sugar free beverages
Medical bracelet

For Overnight Trips:

All the supplies listed under 'day' trip
Extra supplies to last the duration of the trip
Diabetes clinic and pharmacy contact information
Cooler and ice/cooling packs (such as FRIO pack)
Extras batteries and/or chargers for meters, pump, CGM
Anti-nausea medicine
Snacks
Diabetes binder and book

For Pump Users:

List of pump settings including basal rate(s), insulin to carbohydrate ratio(s), insulin sensitivity factor(s)
Supplies including pump infusion sets and reservoirs (one set for every day)
Extra batteries and or chargers
Pump instruction manual with contact information

For Car Travel:

Cooler and ice/cooling packs (such as FRIO pack). Remember to keep insulin, glucagon and strips cool
Extra snacks in case of delays

For Plane Travel:

No changes