Diabetes should not limit you from traveling, but there are a few things that you need to know. Vacation or travel can mean a break from the routine of work or school but not from diabetes. A little extra planning will help ensure a safe and enjoyable time.

**Your Travel Checklist: Did you remember…**

- Insulin
- Insulin syringes/pen needles
- Insulin pump supplies
- Written down pump settings
- Blood glucose meter
- Blood glucose meter strips
- Control solution

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<th>Insulin</th>
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**High blood sugars:** Lack of activity will cause the blood sugars to rise. Drink plenty of fluids. Give insulin as needed.

**Low blood sugars:** Be prepared for the unexpected! Carry liquid/fast acting carbohydrates (juice, regular soda, glucose tablets or gel). Keep these on hand at all times. Educate traveling partners to recognize and treat a low blood sugar. Glucagon should be carried with you in case of an emergency.

**Storage of supplies:**
- Be sure to carry all your supplies with you. Try to carry enough supplies to last the entire trip, plus a few extra days. Almost all of your supplies should be kept between 40-85°F.
- Make sure you have pharmacy labels on all of your medications and supplies, especially when flying. You need to carry extra prescriptions for all supplies in case something gets lost/broken/stolen.

**Time zones:** If there is a change in time zones of two hours or more and you use:
- **Insulin Pump** – **Write down ALL of your pump settings** in case the pump screen goes blank or the memory gets erased. Then change the clock on the pump to the local time.
- **Injections** – Give the Lantus/Basaglar/Levemir/Tresiba dose at the time you would take it at home, not the local time. For Humalog/NovoLog/Apidra, take your doses as usual based on local time with your meals.

**Airline travel:**
- Carry all of your supplies in your carry-on bags. Items can be damaged or lost if you pack them into the “checked” luggage. Visit the TSA’s website for current regulations [https://www.tsa.gov/](https://www.tsa.gov/).
- If using an insulin pump or a CGM, ask security to visually inspect it as it should not go through the x-ray machine. It should be safe to go through the metal detector.