

# Things To Remember When You Are Travelling Abroad

**Contact your diabetes team for a travel letter if you are flying.**



**Make sure you have enough supplies plus take some extra with you.**

Take insulin pen supplies, even if you are on a pump, in case of pump failure.

A blood glucose and ketone checking meter (and strips), even if you don't often use one.

And spare batteries for your meters and pump.



**Make sure you have travel insurance in place and declare your T1 condition to make sure you are covered, just in case you had to go into hospital while you are away.**



**Snacks and Hypo Treatments for the journey are essential**

Carry some snacks like fruit/crackers/dried fruit to reduce the onset of hypos (no nuts or crispbreads).



**If you use liquid hypo treatment remember to:**

**Follow Airport Guidelines**

**Purchase it after you have been through security.**

**or**

**Take glucose shots which are only 60ml**



**It's a good idea to take glucose tablets or jelly babies so you have something with you at all times.**



**Speak to your team well before you travel for advice.**

**They can help you plan and advise you as you may need to adjust insulin for extreme weather.**

**If you wear any tech (like a Libre, CGM or insulin pump).**



**You could download a medical device awareness card to show to the security staff, this might make things easier when you go through airport security.**



**Many UK airports now provide lanyards for anyone with a hidden disability to wear, so that security staff know they may need extra help, understanding or knowledge.**



**Pack your insulin into a cool bag in your hand luggage.**

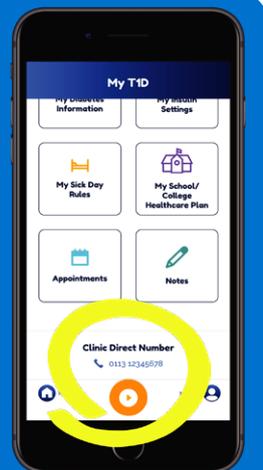


**Don't put it in the hold as it will freeze in there.**

## Remember

**You can still ring your team if you are on holiday and need advice.**

**Your team contact numbers should be in the app but make sure you have them before you travel.**



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**More resources can be found in the DigiBete app or on the DigiBete website [www.digibete.org](http://www.digibete.org)**



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