

# Travel checklist for type 1 diabetes

**Good planning before taking a trip is important for everyone, but more so when you have diabetes. Things to consider include airline regulations, a well-timed itinerary, in-flight needs and being prepared for that ‘what-if’ situation. For people with type 1 diabetes, there are even more considerations to be aware of. The checklist below has been developed to help you to have a safe, fun and hassle-free trip, whether travelling by plane, train or motor vehicle.**

Supplies	General recommendations
Diabetes supplies and equipment	<ul style="list-style-type: none"> <li>• When travelling by air, place all diabetes supplies in your carry-on luggage, preferably split between two bags.</li> <li>• Pack into one bag all the supplies you will need in-flight and until you reach your destination.</li> </ul>
Insulin	<ul style="list-style-type: none"> <li>• When travelling overseas, insulin must be in your carry-on luggage and in pharmacy-labelled packaging (each box of 5 needs a separate label).</li> <li>• Store in a cool pack in your carry-on luggage not in the aircraft hold.</li> <li>• Don't skip your insulin.</li> <li>• Check availability in the countries you plan to visit of the insulin and the insulin delivery device, pump or pens you use by contacting relevant manufacturers and local diabetes associations.</li> <li>• Ask your diabetes educator about time zones, if applicable.</li> <li>• Declare your medications and diabetes supplies on your immigration card and at security checkpoints.</li> </ul>
Insulin pen	<ul style="list-style-type: none"> <li>• Take spares.</li> </ul>
Pen needles	<ul style="list-style-type: none"> <li>• Take more than you need for the trip, in the correct size.</li> </ul>
Insulin pump (if used)	<ul style="list-style-type: none"> <li>• Declare your insulin pump at the security checkpoint and inform security staff that your pump must not be removed as stated in your doctor's letter (see page 2).</li> </ul>
Insulin pump consumables	<ul style="list-style-type: none"> <li>• Take spares: inserter, lines, alcohol wipes, 5c piece.</li> <li>• Talk to your diabetes educator about the National Diabetes Services Scheme (NDSS) allowance for supplies.</li> </ul>
Blood glucose meter	<ul style="list-style-type: none"> <li>• Take a spare meter.</li> </ul>
Blood glucose strips	<ul style="list-style-type: none"> <li>• Talk to your diabetes educator about your NDSS allowance for supplies.</li> <li>• Ensure strips are in date before departure.</li> <li>• When travelling overseas, check availability of strips in the countries you plan to visit.</li> <li>• Remember that you may need to test more often in-flight.</li> </ul>
Lancets	<ul style="list-style-type: none"> <li>• Take extras.</li> </ul>
Fingerpricker	<ul style="list-style-type: none"> <li>• Take a spare.</li> </ul>
Ketone strips	<ul style="list-style-type: none"> <li>• Ensure strips are in date before departure.</li> </ul>
Batteries	<ul style="list-style-type: none"> <li>• Take spares for both meters and (if used) insulin pump.</li> </ul>

• *Continued over...*

**Use this checklist in conjunction with the *Travel and Diabetes* information sheet available from your State or Territory Diabetes Organisation. And don't forget to discuss your travel plans with your doctor or credentialed diabetes educator.**



# travel checklist

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Sharps container	<ul style="list-style-type: none"> <li>• Take travel-size container with lid.</li> <li>• Contact relevant diabetes association/s before departure about local sharps disposal services. (Note: Some airports/aircrafts provide sharps containers.)</li> </ul>
Glucagon	<ul style="list-style-type: none"> <li>• Check expiry date.</li> <li>• Must be packed in carry-on luggage and in pharmacy-labelled packaging.</li> </ul>
Doctor's letter	<ul style="list-style-type: none"> <li>• Make sure the letter is typed and therefore readable.</li> <li>• Keep several copies with your travel documents and present at security checkpoint if necessary.</li> <li>• The letter should outline your medical condition(s), the insulin (and frequency of dosage) and any other medication(s) you take, devices used, the importance of carrying medication(s) with you and that your insulin pump (if used) must not be removed.</li> <li>• Consider whether the letter needs to be translated into the language(s) of your travel destination(s).</li> </ul>
Extra prescriptions	<ul style="list-style-type: none"> <li>• Contact the relevant association (IDF website <a href="http://www.idf.org">www.idf.org</a>) to check if the insulin you use is available at your travel destination – particularly important if you are going there to live or to stay for an extended time.</li> </ul>
Vaccinations	<ul style="list-style-type: none"> <li>• Check relevant requirements well in advance.</li> </ul>
Identification	<ul style="list-style-type: none"> <li>• With international symbol, specify type 1 diabetes.</li> <li>• Specify if you use an insulin pump.</li> </ul>
NDSS card	<ul style="list-style-type: none"> <li>• Take your NDSS card as proof that you have diabetes.</li> </ul>
Hypoglycaemia ('hypo') kit	<ul style="list-style-type: none"> <li>• Take 'hypo' kit containing quick acting carbohydrate such as juice tetrapak/jelly beans/muesli bar/biscuits.</li> </ul>
Carbohydrate snacks	<ul style="list-style-type: none"> <li>• Pack carbohydrate-containing snacks in carry-on luggage.</li> </ul>
Airline meals	<ul style="list-style-type: none"> <li>• There is no need to order 'diabetic' meals.</li> <li>• If insufficient carbohydrate is served with your meal, ask for extra carbohydrate or use your packed carbohydrate snacks.</li> </ul>
Cool pack	<ul style="list-style-type: none"> <li>• Take a cool pack in your carry-on luggage to store insulin (eg: Frio pack available from your State or Territory Organisation).</li> </ul>
Clock/watch	<ul style="list-style-type: none"> <li>• Take two watches – one set on 'departure' time and one set on 'destination' time.</li> </ul>
Sick day management	<ul style="list-style-type: none"> <li>• Refer 'Ketone strips' on page 1.</li> <li>• Take sick day kit and your sick day management plan (talk to your diabetes educator).</li> </ul>
Contact details	<ul style="list-style-type: none"> <li>• Take phone and email details of your endocrinologist, diabetes educator and (if relevant) insulin pump company.</li> <li>• Consider making contact before departure with an endocrinologist or diabetes organisation at your travel destination.</li> </ul>
First Aid kit	<ul style="list-style-type: none"> <li>• Stock kit with basic first aid items such as bandaids, antiseptic, thermometer etc.</li> </ul>

The design, content and production of this diabetes information sheet have been undertaken by:

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