

# Traveling with Diabetes

Diabetes is a very manageable condition. It should never keep you or your child from doing the things you love to do. But some extra planning is needed before you go to ensure a safe trip for all.

## Medicines and supplies



Keep all prescription medicines in the container they came in with the original prescription label.



Keep all of your diabetes supplies in a carry-on bag so that you can get to it as soon as you need it. If you are traveling to a location with very warm or cold temperatures, you may need to keep your insulin in a cooler or insulated bag so that it stays between 36°F (2.2°C) and 86°F (30°C). Don't let it touch any ice or sit in ice water.



Plan for time zone changes. Make sure you always know when to take your insulin. Set an alarm on your phone or watch to help you remember. You will need separate reminders for your long-acting insulin and your rapid-acting insulin.



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## Security



Check the security regulations of your airline, train, or bus company to find out what the regulations are for traveling with your insulin and supplies. You may need a letter from your healthcare provider or a written copy of your prescriptions to take with you. Be sure to ask for these things at least 1 week (7 days) before you are scheduled to leave.



Tell airport security that you or your child have diabetes. Let them know if you or your child are wearing an insulin pump, CGM, or both. **Do not put your pump through the x-ray machine.**



## Safety



Get and wear a medical ID bracelet or necklace. You are likely to be around strangers and they will need to know how to help if you suddenly become ill.



Carry your "health passport" with you at all times. This should include a list of your health conditions, the contact information of all of your doctors and pharmacy, and a list of all your prescription medications.

## Food and activity



Be sure to pack healthy snacks in your diabetes supply bag to help keep your glucose level steady in case a delay keeps you from a regular meal. Include a snack with fast-acting glucose in case your blood glucose gets too low.



Drink water and other fluids regularly to prevent dehydration.



Get out of the car or bus and walk around as often as you can. It's important to keep active if you are snacking a lot during your trip.

## Where can I learn more?

Learn more about managing diabetes at the following links:

- **American Diabetes Association:**  
[diabetes.org](https://diabetes.org)
- **Intermountain Healthcare's Primary Children's Hospital:**  
[www.primarychildrens.org/diabetes](https://www.primarychildrens.org/diabetes)



## Questions for my doctor

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