

TRAVELLING AND DIABETES

The tickets are bought, the hotels are booked, and you've thought of everything... or have you? Travelling with a child that has diabetes takes some extra planning. Here are some helpful hints to make your trip just a little smoother.

Preparing for Your Trip:

1. A couple of weeks before your trip contact your Doctor or Nurse Educator:
 - Let them know what your flight itinerary will be. If possible, fax it to the clinic. They will be able to help you with your insulin dosing for crossing time zones. (If the time difference is 3-4 hours or less, there is no need to have an insulin adjustment.)
 - Ask for a note ("Travel Letter") which gives permission for you to carry needles, lancets, insulin, pump supplies, etc.
 - Obtain proof of prescription for your medications and syringes. The easiest way to do this is to make sure you have a prescription label on your insulin vials or cartridges.
2. Look into buying travel insurance.
 - Check out the CDA website for information on travel insurance for people with diabetes: www.diabetes.ca/Section_Services/insurance.asp, or call them at 604-732-1331 or toll-free at 1-800-665-6526.
3. Contact a Travel Clinic to see if any further immunizations are required for the country you are travelling to. The [BC HealthGuide](http://www.bchealthguide.org/communitysupport_services.asp?service_id=6) maintains a list of travel clinics in BC: www.bchealthguide.org/communitysupport_services.asp?service_id=6.

Diabetes Supplies Checklist:

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| <input type="checkbox"/> diabetes ID on your person (eg. bracelet or necklace) | <input type="checkbox"/> alcohol wipes |
| <input type="checkbox"/> insulin or medications to last the whole trip (clearly labelled) | <input type="checkbox"/> glucose tablets or candies |
| <input type="checkbox"/> blood sugar meter and extra battery | <input type="checkbox"/> lancets |
| <input type="checkbox"/> strips for meter | <input type="checkbox"/> non-perishable snacks |
| <input type="checkbox"/> syringes or pen needles | <input type="checkbox"/> glucagon emergency kit |
| <input type="checkbox"/> proof of prescription for supplies (Rx labels from pharmacy) | <input type="checkbox"/> "Travel Letter" |

Helpful Hints:

- Check with your travel agent/airline about any new security regulations that may be in effect (what you can carry on the plane with you).
- Pack diabetes supplies in carry-on luggage, as you will likely need them while travelling.
- Keep a separate supply in a travel companion's bag, in case yours is lost or stolen.
- Double the amount of insulin, lancets, strips, syringes/pen needles, etc. necessary for your whole trip (just in case).

- Make sure insulin is cushioned and not exposed to heat or cold. Try an insulated container.
- Check blood sugar at least every 4 hours during a long flight. If they are elevated, you may need to give an extra injection of Regular/Toronto or Humalog/NovoRapid insulin.

Some Helpful Websites:

CDA Travel Tips	www.diabetes.ca/section_About/travelkit.asp
JDRF Travel tips	www.jdrf.org/index.cfm?page_id=103485
Canadian Air Transport Security Authority (CATSA):	www.catsa-acsta.gc.ca/english/travel_voyage/special.htm
Transport Canada	www.tc.gc.ca
Transportation Security Administration (TSA, USA)	www.tsa.gov
Frío™ Cooling Wallet	www.friouk.biz/us/