

In a cold country



- The requirement for insulin and other diabetes drugs may be more due to higher blood sugar levels.
- Avoid insulin getting frozen.

Holiday Checklist

- ✓ Insulin, diabetes tablets, needles and syringes with an extra stock
- ✓ A letter describing your diabetes condition and treatment by your diabetes care team
- ✓ Glucometer and adequate glucometer strips
- ✓ Sugary food to take in a case of low sugar (hypoglycemia)
- ✓ Travel insurance and medical documents
- ✓ Treatment needed for diarrhoea and vomiting
- ✓ A container to safely dispose insulin needles



Travelling with diabetes

You will get to enjoy your travel if you plan and prepare for your trip well.

Travel and diabetes

Having diabetes is not an obstacle to travel.



What should you do?

- Discuss with your diabetes team about your travel plans at least 2 weeks prior to travel. Confirm if you have an insurance cover for your travel.
- Your insurance should cover pre-existing disease conditions as well as any new sudden onset disease conditions that may be associated with diabetes. Have a discussion about this with your insurer.
- Your blood sugar levels may vary depending on the weather of the country you are travelling to. Thus it is important to frequently check your blood sugar levels with your glucometer.

Planning your travel



- Check on the available types of insulin and their names in the country you are travelling to.
- Check whether you need to take extra insulin doses when travelling to the planned country/ area. Make sure to take adequate stocks of insulin and other drugs.
- You will have to declare insulin needles, syringes, insulin pens and glucometers at the customs check if you are using insulin. Take a letter mentioning the types of insulin, equipment and other drugs that you use.
- Store the stock of drugs and insulin needed for your travel period in your hand luggage.

During travelling...



- Check if you can get a diabetes diet during the journey.
- You may have to take some extra snacks with you.
- You will need to check your blood sugar more frequently as your routine meal timing schedule may change during travel.
- If you are travelling by air plane you should take meals, insulin and other drugs according to the time in your wrist watch. You should take a snack, if you miss a main meal.
- If a main meal is getting delayed during your journey, you should take a snack rich in starch.
- Make sure to minimize sugar and sugary food.

Weather



In a warm country

- Store insulin in a cool place without exposure to direct sunlight (eg: refrigerator, cool box).
- The requirement for insulin and other diabetes drugs may be less due to lower blood sugar levels.
- Be mindful to take more liquids to avoid dehydration.
- Avoid walking bare foot in hot sand or other hot surfaces.