

# 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**

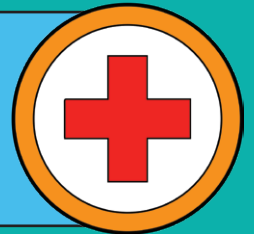
**TAKE INSULIN PEN  
SUPPLIES, EVEN IF  
YOU ARE ON A  
PUMP, INCASE OF  
PUMP FAILURE**

**A BLOOD  
GLUCOSE 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.**

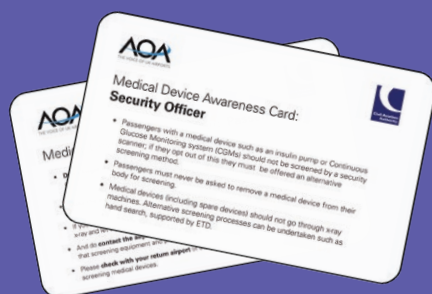
**SPEAK TO YOUR TEAM WELL BEFORE YOU TRAVEL FOR ADVICE**

**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.**

