

Traveling and Diabetes



- Carry your diabetes supplies handy in your handbag or in a place easily accessible whether you're traveling by Air, Rail or Road.
- Keep more than enough diabetes supplies (around double than needed) with you, in case of extra stay or emergency it would help .
- One must carry along supply of glucose / sugar or hard candies (to treat hypoglycaemia) and some dry snacks such as biscuits (to prevent hypoglycaemia).
- Check glucose levels more frequently and take desired action.
- Always carry diabetes identification card providing emergency contact details.



- Keep your insulin or devices in any hot place like in direct sun , in glove compartment of car or in parked car or extreme cold place like in check-in luggage while traveling in air plane.
- Go out without insulin/ medicines/ glucometer for even a single meal.
- Go without food, assuming that food will be available wherever you go.
- Walk bare foot or with uncomfortable shoes
- Go without a prescription listing name of the medication, insulin, syringes, glucometer, strips you use.

Packing Checklist for traveling for people with type 1 diabetes

- Insulin and syringes
- Blood glucose meter, test strips, lancets, extra batteries
- Other Diabetes medications
- Prescriptions for medications and testing supplies.
- Treatment for hypoglycaemia
- Non-perishable snacks
- First-aid medications
- Medical ID



Key facts

Planning is the best way to make sure that you enjoy the experiences of travelling to new places or visiting family and friends or going for a business trip or a pilgrimage.

Remember, nothing is prohibited, but moderation and monitoring are the keys to indulge, enjoy and yet have good blood glucose control.

To view the card go to the next page.

changing diabetes™ in children

2 x 2

Name of Center:

CDIC ID No:

Name:

Date of Birth:

Address:

Emergency Contact Phone Numbers

Mother's: 1. 2.

Father's: 1. 2.

Doctor's: 1. 2.

- I am a person with T ype 1 Diabetes
- If you find my behavior unusual or I am shaking, tr embling or I am unconscious, it may be due to low blood sugar levels. Please give me something sweet like sugar , honey, jam, candies, fruit juice or cold drink.
- If I meet with an accident, please test my blood sugars before treating me
- My Blood G roup
- I am allergic to
- My Insulin 1. 2. 3.
- My Insulin Dosage 1. 2. 3.
- I am also taking treatment for

