

PLANNING AND PACKING

✓ CARRY A LETTER FROM YOUR ENDOCRINOLOGIST

- Ask your doctor for a note explaining T1D including required supplies, medications, food, and the allowance of larger than 100mL liquids.

✓ BRING A BACKUP PUMP & EXTRA PRESCRIPTIONS

- If you use a pump, bring a backup (extra pump or long-acting insulin). Contact your pump company early to ask about them loaning you backup tech for travel.
- Carry an extra copy of your prescriptions in case you need a pharmacy refill.

✓ PACK ENOUGH SUPPLIES

- Bring twice the amount of insulin, pump supplies, CGM supplies, and test strips you think you will need - don't forget your chargers, and make sure they are compatible with outlets in the country you're visiting!
- Bring a glucose meter and backup (even if you use a CGM).
- Make sure to pack extra low treatments and glucagon for your trip and look up local candies and juices in case you need to restock.

✓ PACK SMART

- Keep your insulin and supplies in your carry-on bag - luggage can get lost!
- Store insulin at the right temperature (use a cooling case or thermos).
- Divide your supplies between bags in case one gets misplaced.
- Check with your airline in advance to confirm any extra carry-on allowances for medical supplies.

✓ INSULIN PUMP AND CGM SETTINGS

- Make sure to write down all personal pump settings in case of an emergency, and get a refresher on using manual mode to ensure a smoother transition to a loaner pump if needed!

✓ TRAVEL INSURANCE

- Before your trip, make sure to arrange travel insurance.
- Airlines often offer it as an add-on, and many credit card companies also provide coverage. Be sure to read your policy carefully for details.
- Ask about "topping up" your travel insurance with additional coverage for extra protection.



T1D TRAVEL POINTERS

✓ RESEARCH LOCAL FOOD & LANGUAGE

- Look up local foods and their carb counts in advance, then save them on your mobile device for quick access and stress-free carb counting.
- Translate key phrases in the local language for T1D management and save them on your mobile device (e.g., requesting juice for a low, asking for the bathroom, or explaining that some of your medical supplies cannot go through metal detectors and X-rays).



AT THE AIRPORT AND ON THE PLANE

✓ GOING THROUGH SECURITY

- Insulin pumps and CGMs are NOT X-ray safe so request a pat-down to ensure they aren't damaged.
- Insulin vials and pens are NOT metal detector safe so request a manual swab of your medications.
- Put all your liquids larger than 100 mL in a separate X-ray bin.
- Expect security staff to swab all your diabetes supplies, the bag carrying them, and your hands using a fibreglass swab which will then be analyzed in a detection device for trace amounts of explosives or chemicals.
- Keep a checklist of your supplies handy when going through security and check that everything is back in your bag before leaving the area.



✓ BOARDING THE PLANE

- Confirm your approval for an extra carry-on for medical supplies.
- Ask the gate agent for pre-board to have time to store supplies and settle in before the rest of the passengers begin boarding.
- Do not store insulin in the airplane's fridge - it can freeze and become unusable.
- Always keep your insulin on you or in the seat pocket in front of you - depressurization in the overhead compartment can cause vials to crack.

✓ LONG-HAUL FLIGHTS

- Pack protein-rich snacks since most airplane meals are high in carbs.
- Get up and walk around periodically to help with circulation and blood sugar management.
- Stay hydrated before and during the flight—airplane cabins can be very dry.
- Talk with your healthcare provider about adjusting insulin doses for extended sitting periods.
- Keep a close watch on your blood sugar throughout the flight, especially if you use an insulin pump, as changes in cabin pressure can sometimes cause unintended insulin delivery.

T1D TRAVEL POINTERS



✓ BE AWARE OF EXPLOSIVE TRACE DETECTION (ETD) TRIGGERS AT THE AIRPORT

- Insulin can set off airport ETD swab tests, so wash your hands thoroughly before security.
- Avoid using aloe vera, hand creams, or 99% alcohol before screening—they can also trigger ETD alarms.

✓ BE PREPARED TO ADVOCATE FOR YOUR NEEDS

- Inform security agents, travel guides, hotel staff, and others you meet on your travels about your medical needs. Have your doctor's letter handy (and translated!) for when you need it.

✓ TYPES OF LOW TREATMENTS TO CARRY WITH YOU

- Juice boxes can be heavy, so consider bringing alternative low treatments such as Rockets, Dex Tabs, Hi-Chews, or Gu Energy gels while travelling.
- If you experience a low while on the plane, simply ask a flight attendant for a glass of juice!

WHILE TRAVELLING

✓ TIME ZONE MANAGEMENT

- Adjust insulin doses based on time changes - consult with your healthcare provider for guidance.
- Monitor your blood sugar closely when crossing multiple time zones.
- Set reminders to take insulin or medication at the correct local time.

✓ EMERGENCY PREPAREDNESS

- Research the nearest hospital and pharmacy at your destination.
- Keep a list of emergency contacts, including your doctor, insurance provider, and a trusted friend or family member.
- Carry a medical ID or wear a diabetes alert bracelet.

✓ DAILY TRAVEL ROUTINE

- Pack a go-bag every morning with essential backup diabetes supplies.
- Create a morning checklist to ensure you have all your essentials before leaving the hotel.
- Place a hanger or item on your fridge handle as a reminder to grab anything stored there before you check out.
- If your hotel room does not have a fridge, request a mini fridge to be brought up. Make sure to store your insulin on the bottom shelf to avoid possible freezing!

✓ TRAVEL COMPANION AWARENESS

- Travel with someone who understands T1D and knows how to assist in an emergency.
- Teach your travel companion how to recognize and respond to low and high blood sugars.
- Share your emergency plan with your companion in case you need assistance, including educating them on Baqsimi/Glucagon use and when to call for medical help.

✓ FACTORS THAT AFFECT BLOOD SUGAR

- Be mindful of the [42 Factors](#) that impact blood glucose, including stress, altitude, and temperature changes.
- Monitor your blood sugar more frequently in new environments and after trying new foods.

✓ SHARPS DISPOSAL

- Bring a Ziploc bag to safely store used sharps incase a disposal bin is not available.
- Ask local pharmacies, hotels, or airports about safe disposal options for needles and lancets.
- Never dispose of sharps in regular trash bins.



Check out the *Travelling with T1D Webinar* for more tips!

TRAVEL MINDSET MATTERS

Remind yourself that you are on vacation and allow yourself to enjoy it! Manage your T1D as best you can, but try not to stress about getting perfect numbers. T1D is unpredictable, even with a routine, so expect things to fluctuate and be kind to yourself. If your numbers are a bit off during your time away it will not cause long-term damage so focus on making memories and staying safe!

