

Children's Specialists

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Traveling with Diabetes

Plan ahead so you can count on more fun and less worry on your way and when you get to your destination.

Packing for Preparedness

Pack twice as much medicine and testing supplies as you think you'll need. Make sure to include the following items:

- Both rapid and long acting insulin, pen needles and syringes
- Extra pump reservoirs, infusion sets and CGM supplies
- Blood glucose meter with extra batteries and alcohol wipes
- Urine ketone test strips
- Low treatment: juice, glucose tabs or chewable candy.
- Glucagon kit
- Diabetes medical ID bracelet
- Water bottle
- Healthy snacks such as granola bars, trail mix, fruit, or cheese.

While You're Traveling

- Keep insulin out of direct sunlight or a hot car.
- Make sure to change time on glucose meter and insulin pump if traveling to across time zones.

If Flying

- Put all of your diabetes supplies in your carryon bag to avoid losing or varying temperatures.
- Keep labels on all medication and supplies.
- A continuous glucose monitor or insulin pump could be damaged going through the X-ray machine. Ask for a hand inspection instead.