A Diabetic Traveller’s Checklist

Use the Diabetes.co.uk Traveller’s Checklist to ensure you’re prepared for your journey, wherever you go.

Before you travel

☐ Letter from GP saying you have diabetes
☐ Letter from doctor saying you’re on a pump (if applicable)
☐ Some sugar to hand (not in liquid form if you are flying)
☐ Put insulin in a clear plastic bag if you are flying to have handy for going through security

For injectors

☐ Blood test machine
☐ Lancing device
☐ Blood test sensors
☐ Insulin cartridges
☐ Insulin pens (long-acting and short-acting)
☐ Needles
☐ Hypo treatment

For insulin pump users

☐ Reservoirs
☐ Infusion sets
☐ Infusion set inserter
☐ Bottles insulin
☐ Batteries for pump
☐ Blood test machine
☐ Lancing device
☐ Blood test sensors
☐ Hypo treatment

Have a safe trip and most of all – enjoy yourself!