



## 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!

