

## Tips for Traveling with ease for the Diabetic Patient

1. If you are going to a foreign country, research their dining customs and become familiar with their foods. Knowing the carbohydrate content of common dishes will give you more flexibility with eating local cuisine.
2. Buy all necessary supplies a few weeks in advance in case the pharmacy has to order supplies.
3. Learn key phrases in the native language of where you are visiting, such as; “I have diabetes”, “I need insulin”, “I need sugar”.
4. Bring copies of any prescriptions for oral meds and insulin, just in case something happens to your supply
5. When flying, keep your testing and insulin supplies in your purse, carry-on or day pack, along with a supply of healthy snacks. The temperature extremes of the cargo area could lead to spoilage.
6. Most airport screeners have been trained to recognize diabetes-related equipment and supplies. Notify the screener that you have diabetes and are carrying your supplies with you. Although prescription labels are not legally required, carrying original packaging and prescription labels may help to expedite the security-checkpoint screening process. Carrying a Diabetes ID Card and a Doctor’s declaration may help also. (Available at [accu-check.com](http://accu-check.com))
7. Consult you provider before embarking on a journey across time zones. Take a copy of your flight schedule and itinerary to your checkup, and make a specific schedule for your medications and or injections.
8. If traveling by car, you’re in control, so you can stop or take breaks whenever necessary. If you’re traveling with insulin, never leave it in the vehicle if it may get too hot inside the car.
9. Traveling by boat may make you seasick. If you do get ill, drink plenty of water and check your blood sugar more often. Medications for motion sickness can often help.
10. Traveling by train will cause less schedule disruptions and delays. Not all trains have food carts or restaurants, so be sure to pack plenty of snacks.
11. Avoid street-vendor type foods and be careful with water. Drink only bottled water and other beverages served without ice.
12. Stay hydrated with ample quantities of water.
13. If you are more active, your body will need more energy so that your glucose level doesn’t drop too low. Be prepared with snacks and testing supplies.
14. Good, comfortable shoes are essential for traveling. Avoid new shoes, and be sure to check your feet often for swelling infection or blisters.