

# Diabetes Travel Checklist

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## Before leaving home

In a small carry-on bag, pack these items:

- Sharps container
- Extra insulin, strips, meter, batteries, lancets, alcohol swabs, pump and needed equipment
- Ketone strips
- Emergency foods for low blood sugar (glucose tabs, glucagon)
- Emergency foods for sick-day (sugar-free drinks, puddings, gelatin mixes, soup, crackers)
- Thermometer
- Cold remedies

Keep your diabetes supplies with you at all times. Do not pack them in the luggage you are checking.

- Make a copy of emergency phone numbers and insurance card.
- Know your insurance policy regarding emergency care out of state.
- Get an extra copy of prescriptions (only needed if you'll be gone a long time).
- Write down your insulin regimen.
- Take a copy of "Diabetes Management When Sick with a Cold or Flu."
- Plan for hot weather (do you need a cooler for the insulin?).
- Bring a copy of your prescription label(s) (it's better than a travel letter).
- If you are traveling to a different time zone, talk with your healthcare provider about changes in insulin doses and timing.

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## During travel

- Pack twice as much medicine as needed and keep half with you at all times.
- Check blood sugars often.
- Keep track of what you eat.
- Be aware that different activities and climates affect blood sugars.

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## Foreign travel

- Learn how to say: "I have diabetes, I need food/juice, I need a pharmacy, I need a doctor" in the local language.
- Call the local ADA at 206-282-4616 for a list of diabetes providers in the area where you'll be traveling.
- Go to [diabetes.org/resources/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes](https://diabetes.org/resources/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes) for more air travel tips.

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### To Learn More

- Endocrinology  
206-987-2640
- Ask your child's healthcare provider
- [seattlechildrens.org](https://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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