

# Have Diabetes, Will Travel

## Traveling With Diabetes

Having diabetes should not stop you from doing the things you love, and that includes traveling. Below is a collection of sources on traveling with diabetes:

### From Empower Your Health: Travel Check List

To help you pack for your trip, here is a checklist of supplies to take:

1. Diabetes pills, insulin in vials or pens, or other injectable diabetes medicines
2. Syringes or insulin pens
3. Glucose monitoring equipment – glucose meter, lancet device and lancets
4. Snacks
5. Diabetes identification – wallet card, necklace and/or bracelet
6. Emergency supplies – such as quick-acting sugar, like glucose tablets, and ketone test strips. If you use insulin, also bring a glucagon emergency kit.
7. Other helpful supplies in the event of illness – antinausea, anti-diarrhea medicines such as Compazine®.

For further tips on being prepared for travel, including what to do about insulin pumps and CGMS and a sample travel letter, visit [Empower Your Health: Travel Tips for People with Diabetes](#)

From the American Diabetes Association a printable PDF on the TSA rules and your rights: [Travel and Diabetes Fact Sheet](#)

Have questions on how to dose your insulin when traveling across time zones? Good information can be found in this

article of Clinical Diabetes: Have Insulin, Will Fly: Diabetes Management During Air Travel and Time Zone Adjustment Strategies