Traveling with diabetes has its challenges. Those challenges are heightened with technology. So you must prepare in advance to allow for a stress-free vacation.

Traveling tips:

1. Ensure you have enough supplies plus extra. Double the amount is recommended. Assume you will have no back-up available;
2. Keep your supplies with you at all times. Do not place them in your checked luggage. Have a back-up plan if you have them in your carry-on bag and that bag gets checked and stopped at the gate;
3. Have a back-up plan if your technology fails. For example, if you are on an insulin pump, be sure to take long acting insulin and needles. Your doctor can provide a sliding scale that you can use if your pump fails;
    - Some insulin pump manufacturers will provide a 30-day loaner pump, if you are traveling out of the United States. Contact the pump manufacturer for information.
4. Carry contacts and phone numbers for all your technology manufacturers support lines. Carry contact information for your doctors and diabetes care team;
5. Carry a travel letter from your doctor. This letter states that you are authorized to carry needles, insulin and your technology; and,
6. Carry all your prescriptions.

Airport tips:

1. Insulin along with needles can be placed within the carry-on bag on the metal detector conveyor belt.
    - Tell the agents that you have diabetes use diabetes technology, and ask them to inspect you individually.
2. When going through an x-ray device with your technology on your body:
    - Tell the agents that you have diabetes use diabetes technology, and ask them to inspect you individually.
    - Do not place your device on the metal detector conveyor belt;
    - Check with manufacturer of the device and their recommendations for airport screening; and,

        - Insulin pumps can be screened by using imaging technology, the metal detector or by pat-down.

- Review the TSA website for traveling with diabetes and diabetes technology

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Preparing Your Diabetes Kit

Wearing a Medical Alert

Sources

Traveling with Type 1 Diabetes – Breakthrough T1D