

# CHECKLIST TYPE 1 DIABETES AND TRAVEL

## Before the trip

### Medical Visit

- ☐ See your doctor for a routine check-up.
- ☐ Ask for a medical certificate detailing your condition (in English),  
[https://www.federationdesdiabetiques.org/public/wysiwyg/Modele\\_certificat\\_medical\\_pompe.pdf](https://www.federationdesdiabetiques.org/public/wysiwyg/Modele_certificat_medical_pompe.pdf)
- ☐ Get a prescription for medication (in English and, if possible the language of the destination country).
- ☐ Discuss with your doctor about adjusting insulin doses if you have a time difference.
- ☐ Check that your vaccinations are up to date, including those for your destination.
- ☐ Bring other medication if necessary: anti-diarrheal, anti-vomiting, anti-malaria if indicated, plasters, etc.

### Medicines and supplies (plan upto 2 times the quantity needed)

- ☐ Insulins: slow and fast.
- ☐ Insulated case to keep insulin at the right temperature.
- ☐ Pen with needles and/or insulin syringes.
- ☐ Insulin pump and accessories (reservoirs, tubing, catheters, Emla, etc.).
- ☐ Disinfectant.
- ☐ Glucometer, test strips and lancing device with the lancets for blood glucose.
- ☐ Ketone strips in urine or blood.
- ☐ Extra batteries for all devices.
- ☐ Chargers and external batteries with country adapter.
- ☐ Glucagon (BAQSIMI) with explanations for accompanying persons.
- ☐ Glucose tablets or gels to treat hypoglycaemia.
- ☐ Quick and long-lasting sugar snacks (biscuits, sultanas, energy bars, etc.).
- ☐ You can order a replacement insulin pump 1 month in advance.

### Documents

- ☐ Diabetic card and insurance card.
- ☐ Prescriptions for all medicines and medical certificate.
- ☐ Emergency telephone number.
- ☐ Search for clinics or hospitals near your destination.
- ☐ Find out what type of insulin is available in the destination country, the concentration and size of syringes may be different.
- ☐ Take a list of glucose conversions from mg/dl to mmol/l.  
<https://type1better.com/wp-content/uploads/2022/04/Table-de-conversion-glyce%CC%81mique.pdf>

## During the trip

### Transporting Medicines

- ☐ Divide medication and equipment into different pieces of **hand luggage** (in the event of a flight), that you will **always have with you in the cabin**: hold luggage may not reach the destination, and the temperature may deteriorate the insulin.

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## Time and Meal Management

- ☐ Monitor blood sugar more frequently and adjust your insulin doses.
- ☐ Prepare snacks to avoid hypoglycaemia on long journeys.
- ☐ Eat and hydrate regularly.

## At Destination

### Storage of supplies

- ☐ Store your supplies and medication in a safe and cool place.
- ☐ Inform your travelling companions of your condition and what to do in case of an emergency.
- ☐ Do not leave your insulin exposed to extreme temperatures; do not put it in the freezer.

### Activities and Stress Management

- ☐ Plan physical activity and monitor your blood sugar levels before, during and after exercise.
- ☐ Practice stress management techniques (breathing, meditation).
- ☐ Take good shoes and check your feet.
- ☐ Beware of climates with extreme temperatures that can change the speed of insulin absorption (<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/travel#med>).
- ☐ Altitude: check your blood sugar levels more frequently (be careful, some glucometers malfunction at altitude).

### Meals and food

- ☐ Be vigilant with new foods and monitor their impact on your blood sugar levels.
- ☐ Stay hydrated, especially in hot climates.

By following this checklist, you can travel safely and enjoy your trip to the fullest while effectively managing your type 1 diabetes.

## Additional information / References

- MOOC diabetes HUG:
- <https://www.diabete1.ch/discover/>
- <https://www.federationdesdiabetiques.org/diabete/traitements/check-list-voyage>
- <https://www.cdc.gov/diabetes/library/features/traveling-with-diabetes.html>
- <https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/travel#med>
- <https://www.cdc.gov/diabetes/about/tips-for-traveling-with-diabetes.html#for-traveling-with-diabetes.html>
- International Travel With a Chronic Medical Illness - Health Risks, Practical Challenges and Evidence-Based Recommendations . [IJTMGH 2021;9\(2\):44-59:](#)
- Travel Guidance for People with Diabetes; A Narrative Review . [IJTMGH 2015;3\(4\):143-147](#)
- **Health Risks of Young Adult Travelers With Type 1 Diabetes** . [JTM 2014; Vol 21 \(Issue 6\): 391-396](#)
- J Travel Med 2006; 13:255- 260