



TRAVELING WITH TYPE 1 DIABETES

Being prepared is the most important point about travel. Bring at least twice as much as you think you need whether you use a pump, pens or shots.



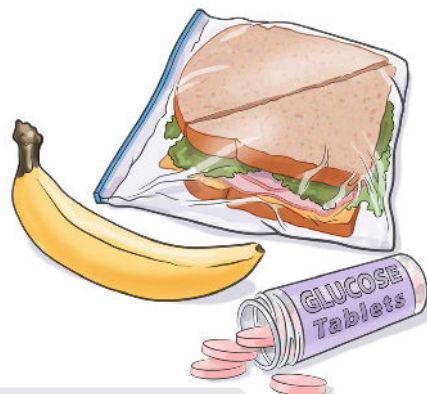
I feel safer having my insulin vial and syringes with me on the plane in case of an emergency.

It is a good idea to take extra supplies with you on a plane like insulin, syringes and snacks.



TRAVEL TIPS

- If you have a pump, always have rapid and long acting insulin with you. You need to be able to manage with or without the pump wherever you go.
 - Know your dose of long acting insulin in case your pump breaks down. If you do not know your dose, check with your doctor.
- Always wear or carry some form of identification that says you have diabetes in the language of the area you are visiting.
- Carry all your diabetes supplies and insulin in your carry-on bag, and not checked luggage. In case one bag gets lost, it would be best to carry it in two different bags.
- If you are traveling in the United States and run out of insulin or other supplies, in most cases your doctor can call in a prescription. You would need to give the doctor a local pharmacy phone number. If not, you can bring your diabetes supplies to a pharmacy to show them you have type 1 diabetes. They will sell you a vial of regular insulin without a prescription. This is not ideal, but at least it is insulin.
- Be sure to bring fast acting carbs to treat lows. Bring food, too. This is in case there are delays or you cannot get meals.





HOW DO I FLY ON AN AIRPLANE WITH T1D?

The TSA (airport security) makes the rules for flying with diabetes supplies. So, you can check their website for details at www.tsa.gov

Most of the time what they want is a prescription for insulin or needles that has your name on it. In most cases the box your insulin came in with a label on it works.

Often people bring a letter from their diabetes team that says they have diabetes and need to carry their diabetes supplies. This can be helpful.

Most of the time an insulin pump will not set off the metal detector. If they ask you about it, you can say that you have diabetes and are wearing a medical device.



WHAT ABOUT TRAVEL TO ANOTHER COUNTRY?

In many countries around the world insulin costs much less than in the United States. If you run out of insulin, go to a pharmacy and find out how to get more. You may or may not have to pay a fee to see a local doctor. But you can get insulin in nearly all big and often small cities around the world.

If you are not fluent in the language of the country you will be visiting, make a card or a note in your smart phone that says, "I have diabetes. I need sugar". So, if you have a low blood sugar reaction and run out of sugar to treat it, you will be able to explain what you need.

If you need to find a hospital or doctor where they speak English, you can ask at the American Embassy.