

## Health Travel Tips

# Travelling for Diabetics

### / Traveling for Diabetics

Contrary to popular belief, travel is possible for people with diabetes. A visit to your Diabetic Adviser or GP as soon as you are aware of your travel schedule is a good place to start. If you plan carefully now, you will save yourself a lot of trouble later on. The Planet Traveller offers some carefully picked tips to ensure that you have a wonderful holiday.

## 1 / The Preparation

- Never travel without your meter. You cannot manage a 'sick day' without one.
- Always keep insulin cool. Transport your supply in a wide-necked vacuum flask or packed in ice.
- Always carry some insulin with you, either in your pocket or hand luggage.
- Always bring extra supplies of medication in case your return is delayed.
- Always carry with you a diabetes identification card. A sudden attack of severe hypoglycemia (Low blood sugar) will impair your speech and thinking and the card will enable others to better help you.
- Carry with you at all times, a letter from your doctor stating that you are a diabetic. It will explain to customs why you are carrying insulin, syringes, tablets and so on.

## 2 / Travelling By Air

- Notify the airline early about your condition and have them prepare low calorie meals for you.
- Do not check-in your insulin. It may freeze up in the hold.
- It is UNSAFE for your insulin to go through the x-ray machine.
- Carry extra food with you such as biscuits, dried fruits and glucose tablets.
- Drink plenty of liquids but avoid sweet and alcoholic beverages.

### / Travel Companion

You should inform your travelling companion about your condition. Make sure he/she knows how to recognise and treat hypoglycemia should it happen to you.