

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
- 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.hug.ch/videos-dinformation-sur-diabete>; <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