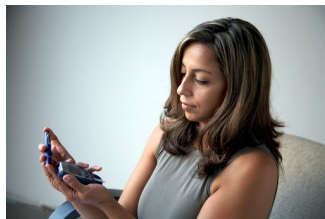


## Travel tips: Managing diabetes when you're on the go

Written by Arizona Foothills Magazine  
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You've caught the travel bug, but your diabetes is making you hesitant to book your next expedition. Whether you are planning a road trip across the country or several weeks around the world, you can enjoy every minute of the adventure as long as you plan ahead. Here are a few ways you can enjoy the sights and keep your sugar as steady as possible.

? **Tell others about your diabetes.** If you don't already wear a [medical identification bracelet](#), get one before you travel. Make sure it states that you have diabetes, and whether you take insulin. If an emergency number will fit on the back, include that as well. Also add a contact to your phone that says "emergency". Many first responders are trained to look for this number if you are unable to communicate. If you are traveling with other people, tell them that you have diabetes and share a little bit about how you manage it with them in case you need their help.

? **Keep your supplies close by.** If you are flying, keep your insulin and all other supplies in your carry-on bag. Any backup insulin you were planning to take should also be in your carry-on to avoid extreme temperature swings that might affect it in the cargo area. Glucometers can be ruined in heat or extreme cold, so carry these on the plane. Use a cold pack to keep insulin cool and don't freeze it—it won't be effective after it thaws. Keep insulin in a quart-size plastic container separate from other liquids in your luggage. This helps airport security identify your medications more quickly. It may also be a good idea to bring the original packaging if you have it, just to show that it's yours.

? **Pack more than you need.** If you are staying for three days, take enough supplies to last twice that long. You never know when delays, cancellations or travel changes could prevent you from returning on time.

? **Try to stay on schedule.** This is one of the most difficult parts of traveling for with diabetes—especially when crossing different time zones. If you use an insulin pump, talk to your doctor about adjusting its clock to help you resume your normal schedule once you arrive at your destination. Some insulin pumps, like [the t:slim® Pump use a touch screen](#), making changing settings like time and date easy to do without a manual. You may also struggle with being hungry when you would normally be asleep, long waits on the tarmac and other unusual circumstances. Try to keep plenty of snacks with you and do your best to stick to your normal routine.

? **Plan for low blood sugar.** You may be more active while traveling and disruptions in eating and insulin administration can make [low blood sugar](#) a reality. Plan ahead by packing glucose tablets and keeping them in easy reach. Glucose tablets are the easiest way to bring your sugar up fast—they don't leak, melt or get sticky.

In addition to these tips, talk to your diabetes specialist about your unique case before traveling. Always being prepared for the unexpected and making sure you have extra supplies can help you enjoy your trip without worry and keep your blood sugar at a healthy level.