

Lenny's Travel Checklist

What to Bring

- ✓ Glucose tablets or other form of sugar to treat hypoglycemia (bring extra in case you get stuck)
- ✓ Insulin and insulin pump and syringes (bring extra for delays)
Infusion sets for insulin pump (bring extra for delays)
- ✓ Water to stay hydrated
- ✓ Snacks
- ✓ Ketone Strips
- ✓ Doctor's contact number
- ✓ Glucagon™ emergency kit
- ✓ ID and diabetes bracelet or ID card
- ✓ Blood glucose meter, supplies & batteries
- ✓ Letter from doctor explaining medical needs
- ✓ Copies of prescriptions



Other Tips

- ✓ Remember to pack insulin in a cushioned, insulated, cool container and to always keep it with you. Refrigerate it when you arrive at your destination.
- ✓ If you are flying make sure you tell the TSA security screener that you have diabetes and are carrying supplies. Inform screeners if you wear an insulin pump. The pump should not be removed and is safe to go through the metal detector. The pump cannot go through the x-ray machine or the body scanner.
- ✓ If you are travelling to a foreign country learn how to say "I have diabetes" and how to ask for sugar in right languages.