



General Advice

- Bring plenty of supplies- spare insulin , spare pens and needles, spare sensors, blood glucose (BG)/ketone meter, extra BG and ketone test strips, finger pricker and lancets.
- Insurance- make sure pre-existing conditions are covered and you bring all relevant documentation with you
- Ensure you have the contact numbers including emergency number for the Diabetes Team!
- Divide all your kit between 2 separate bags so if one gets lost you still have a complete set.
- Bring plenty of snacks and hypo treatment as you never know when you are going to face unexpected delays!
- If seeking medical help in a foreign country ensure they know your meter measures in millimoles per litre (mmols/l) and you have a copy of your prescription medication with you

AIR TRAVEL

- Keep all your supplies in your hand luggage- insulin cannot be used once frozen!
- You will need a Travel Letter from Diabetes Team which can be found on digibete/ team website
- Don't order special "diabetic" meal.
- Test more frequently, may need more insulin if sitting for a long time.
- Airlines often give extra baggage allowance for medical supplies- contact them in advance

SENSORS AND SCANNERS

Manufacturers of CGMs have their own guidance on which devices can go through metal detectors, x-rays and full body scanners at airports. Check the manufacturers websites or contact them for more information before you travel.



If unsure - Inform security before scanning, request an alternative screening (pat-down) to avoid X-rays/ full-body scanners which can damage devices



HOT WEATHER

- Many people find that in hot countries their insulin requirements go down in response to an increased metabolism and possibly increased perfusion.
- Let us know if you are planning travel to somewhere hot and we can advise you re reducing your long acting insulin dose and/or your ratios for meals.
- Insulin can lose its potency if exposed to extreme temperatures. Before you travel have a look at cooling devices, cool packs etc. If you use cool packs avoid direct contact as you don't want your insulin to freeze either!
- Meters and tests strips can be adversely affected by extreme heat- keep out of direct sunlight and places of extreme heat-cars, window sills etc.
- If you feel your insulin does not seem to be working as it should use a new cartridge.
- Be sure to dry skin before applying sensor as sweat and sun cream can make the sensor less likely to stick
- Water precautions- consider over patch or 'vet wrap' to keep sensor on and allow sensor time to dry - be careful when towel drying to not accidentally remove sensor

CAMPING



- Camping is great fun as long as you plan ahead! Things to consider include:
- Access to a fridge, electric hook-up, battery operated fridges, cool boxes/bags, specially designed cool packs, portable chargers
- Insulin is good for 28 days once taken out of the fridge.
- If you are somewhere remote consider taking your glucagon injection with you in case of a severe hypo- take the time to rewatch the video on digibete named 'How to give an injection of glucagon'.
- If you are in the middle of nowhere check you have mobile phone coverage or access to a payphone.
- Sensor will still read to main phone in areas of no mobile signal as this uses bluetooth; however, sharing function will not work to caregivers or hospital

COLD WEATHER



- BG meters can sometimes stop working temporarily when exposed to extreme cold. Keep it in an inside pocket close to your body.
- If you think your insulin has frozen or if it looks cloudy or has crystals in it use a new cartridge as it may not work properly.
- Skiing and snowboarding are generally very physical and you may need to reduce your long acting insulin or your mealtime boluses as a result to prevent hypos. Plenty of extra snacks will also help prevent hypos. Speak to your named nurse if you are unsure about exercise management whilst on holiday

CROSSING TIME ZONES

You can keep a watch on UK time and continue to give your long acting insulin at the same time as at home. Alternatively you can change your long acting insulin to local time for the duration of your holiday- please speak with your named nurse to create a patient and trip specific plan