

- Bring plenty of supplies– spare insulin ,pens and needles, spare sensors and pump equipment, 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 make sure you have a copy of your prescription medication with you
- **Speak with your named nurse before your trip to create an insulin pen plan in case of pump failure or if you would prefer to switch to insulin injection for your holiday**

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 – find this on Digibete or the team website
- Don't order special "diabetic" meal.
- Test more frequently, may need more insulin if sitting for a long time.
- Different pump companies may have specific advice for flying– if unsure always double check company advice with your named nurse
- Airlines often give extra baggage allowance for medical supplies so contact the airline in advance to enquire

SENSORS AND SCANNERS

Manufacturers of Pumps and 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.



Inform security before scanning that you are wearing a pump and 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 about pump adjustments and using exercise/ease-off functions
- 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 insulin from a new vial or pumpcart
- Be sure to dry skin before applying sensor or cannula as sweat and sun cream can make them less likely to stick
- Water precautions– consider over patch or 'vet wrap' to keep sensor and cannula on and allow sensor time to dry – be careful when towel drying to not accidentally remove them

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/pump handset 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 vial or pumpcart as it may not work properly.
- Skiing and snowboarding are generally very physical and you may need less insulin. You will probably need to use the activity/exercise function on your pump – speak with your named nurse before your trip to discuss an exercise plan if you are unsure



Most pumps will update to your new time zone automatically but check with your pump company before travelling



Most insulin pump companies offer a 'holiday pump' – this is a spare pump to travel with, giving you peace of mind should your usual pump fail while you are away. Contact the customer services department of your insulin pump company in advance to discuss this option and speak with your nurse to get a copy of your current pump settings