

# TIPS for Traveling with Diabetes

## WITH ADVANCE PLANNING YOU CAN ENJOY YOUR VACATION AND KEEP ON TRACK!

The distance of your travel, length of time you will be gone and country you are visiting can all make a difference in your plans. Here are a few examples and tips for navigating.

### Short Road Trip



- ✓ Take twice as much medication as you think you will need.
- ✓ Take glucose monitoring supplies.
- ✓ Split your medications with your traveling partner and make sure your medications are not in a different vehicle.
- ✓ Aim for a variety of fresh fruit and vegetables and lean protein.
- ✓ Take a walk every day with comfortable shoes.
- ✓ If you are on insulin—keep your insulin cool using an insulated pack.

### International Travel



- ✓ If you are taking medication once per day, be mindful of time zone difference.
- ✓ Take a prescription for all your medications with you and take at least twice as much medication as you think.
- ✓ Share your supplies with friends and take them on the plane so there is little chance they will be lost.
- ✓ If you are not on a continuous glucose monitor—consider adding it in.
- ✓ Make sure you talk with your diabetes team about potential changes in medication prior, during and immediately after your trip.
- ✓ If you are on insulin—keep your insulin cool using an insulated pack.

### Backpacking



- ✓ Consider changing how much insulin you give for your food to reduce your risk of over doing insulin.

**IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.**

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join)