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Holiday Check List - What should you take on holiday with you?

Your Diabetes Checklist

1. Do you have the correct containers for storing insulin?
 2. Have you packed a spare pen and pen needles or syringes and vial of insulin in case of any pen breakage?
 3. Are the carbohydrate foods packed in your hand luggage enough to cover the airline meals and any delay?
 4. Do you have an ID card to show you have diabetes and a medical letter from your diabetes team if necessary?
 5. Are you travelling within an organised group? Have you informed the leader about your diabetes?
 6. Have you noted the address and telephone number of the Diabetic Association in the country you are visiting in case you need any advice during your stay?
 7. Remember to consult your diabetes team prior to your holiday if you have any aspects of travelling abroad and you need to discuss.
 8. Twice as much insulin, syringes or pens and pen needles, tablets and testing equipment as you think you will need. This must all be carried in your hand luggage so that it arrives with you. (You could also give some supplies to your travelling companion)
- Don't put insulin in checked in luggage as the hold temperature are very low and may damage it.
 - Obtain the letter from your GP stating you have diabetes and the list of your medication (repeat prescription form)
 - Think about any first aid supplies that you may need, for example travel sickness tablets, anti-diarrhoea medication and plasters.
 - Depending on your area of travel, you may need anti-malarial medication and water purification tablets
 - A good supply of food and drink for delays. It is not advisable to ask for a diabetic meal from an airline, as these often contain no carbohydrate
 - High Factor Sun protection cream and a sun hat
 - Comfortable, well-fitting shoes in case your feet swell in hot weather.
 - Sandals to protect your feet on the beach. (avoid walking bare foot on the beach it could damage your skin)
 - Drink plenty of fluids to replace that lost by perspiration.
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If you are travelling to a cooler climate you should:

- Not allow your insulin to freeze
- Wear warm socks and sensible shoes as to avoid injury to the feet

General Advice

When travelling try to be flexible, particularly if you are flying and don't aim for perfect control.

If you are taken ill on holiday NEVER stop taking your insulin or tablets even if you cannot take solid food

You should discuss managing sickness and diarrhoea with your diabetes Team before travelling

As a precaution, only drink bottled water, avoid salads and be careful about the hygiene level of restaurants

If sickness and or diarrhoea persist seek medical advice.

Finally ENJOY YOUR HOLIDAY!

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