



Situation Planner

TRAVEL/OVERNIGHT



TRAVELLING WITH INSULIN

Make travelling easy by following a few simple guidelines that will help you stay healthy and safe during your adventures:

Before you leave:

- Wear your medic alert tag or carry your diabetes ID card at all times
- Keep your European Health Insurance Card in your wallet. Visit www.ehic.org.uk to apply for a new card or renew an existing one
- Get a note from your doctor or diabetes healthcare professional that states that you have diabetes as well as a doctor's written prescription for your insulin so that you can go through airport security easily
- Bring a list of all your emergency contact numbers for your doctor, healthcare professional and pharmacist
- Make a list of local medical facilities at your destination
- If you're flying to a different time zone, consult your healthcare professional about adjusting your insulin dose

Packing:

- Take twice as many syringes or infusion sets as you think you'll need. Or consider bringing insulin pens which are easier to carry and less obvious (you should still bring backups)
- Bring all of your day to day diabetes care supplies, plus extras (your meter, batteries, test strips, lancet device, lancets, urine ketone test strips)
- You should keep your supplies in your hand luggage because they can be affected by extremes of temperature.

Don't forget to login to bayerdiabetes.co.uk to download a letter to show airport security officials, explaining why you are carrying your diabetes equipment in your hand luggage.

See more of Bayer's tips and tools at www.bayerdiabetes.co.uk

