WHAT TO Pack

Here’s a checklist; depending on your regimen, you may not require all items.

✓ Medications, oral and injectable
✓ Syringes and/or pen needles
✓ Alcohol swabs, prep wipes
✓ Pump cartridges and infusion sets
✓ Meter, blood glucose strips
✓ Lancing device, lancets
✓ Ketone strips
✓ Meter control solution
✓ CGM sensors, inserter, charger
✓ Backup batteries
✓ Electrical adaptor (for overseas)
✓ Glucose tablets, gel
✓ Glucagon kit
✓ First-aid supplies for treating cuts
✓ Sunscreen
✓ Doctor’s letter, medical contacts
✓ Snacks

FOR MORE INFORMATION on your rights while traveling by air, visit diabetes.org/airportsecurity. If you think you were treated unfairly during air travel, call 1-800-DIABETES (1-800-342-2383) and ask how you can speak with a legal advocate.

SAY IT: I HAVE DIABETES

Here’s a list of translations. Just print the phrase on a note card or piece of paper, then show it to the locals when you need assistance.

FRENCH: J’ai le diabète.
SPANISH: Tengo diabetes.
GERMAN: Ich habe diabetes.
ITALIAN: Ho diabete.