

Planning for Travel with T2D



Why travel planning matters

Traveling with type 2 diabetes requires preparation to manage blood glucose, medications, meals, and emergencies. Planning ahead helps prevent complications and ensures a smooth, enjoyable trip.

What is the goal?

Proper planning and monitoring allow you to manage diabetes safely while traveling, enjoy your trip, and respond promptly to any unexpected health needs.

Before you travel

- Schedule a pre-travel check-up with your healthcare provider
- Review your medications: ensure you have enough for the trip plus extra in case of delays
- Obtain a doctor's note for medications, insulin, and supplies
- Research local healthcare options at your destination
- Plan for time zone changes if taking insulin or other timed medications
- Pack a medical ID, such as a bracelet or wallet card indicating diabetes

Packing essentials

- Blood glucose meter, test strips, lancets, and backup batteries
- Insulin, pens, syringes, or pumps (carry in original packaging) and in carry on luggage if flying
- Extra medication in case of lost luggage
- Glucose tablets, snacks, and water for low blood sugar
- Cooler bag for insulin if flying or traveling in hot climates
- List of emergency contacts, local hospitals, and pharmacies

Managing glucose while traveling

- Monitor blood sugar more frequently, especially during travel days
- Adjust insulin or medication timing for new schedules or time zones
- Eat regular meals and carry healthy snacks
- Stay hydrated and avoid excessive alcohol
- Include light physical activity to maintain blood glucose stability

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist