

# 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