

Travel and emergency checklist

Being prepared is the name of the game when living with diabetes. Whether planning for a trip away from home or updating your emergency kit, this handy checklist will help remind you of some essential supplies to have on hand. Make sure to contact your healthcare team before you travel, to check you have everything and to get any relevant paperwork.



Do you have what you need?

- Rapid-acting insulin
- Long acting insulin with pen/syringes/pen needles
(in case of pump failure)
- Infusion sets
- Reservoirs
- Continuous glucose monitoring sensors and transmitter charger
- Insertion devices
- Over tape
- Alcohol wipes
- AA batteries for pump
- AAA batteries for transmitter charger.
- Glucose meter and batteries
- Glucose testing strips
- Lancing device and Lancets
- Hypo treatment
- Medical ID bracelet Airport card
- Glucagon treatment (optional)