

What to pack checklist

Use this printable **what to pack checklist** to double check you have packed everything and haven't forgotten anything.

Pack all your diabetes supplies in your carry-on luggage as cargo holds experience fluctuating temperatures. We also recommend that you split your diabetes supplies across several bags in case one goes missing.

Also some medical items can be carried on the plane as an 'additional carry on item' at no extra charge, as long as they meet the standard size and weight limits. Check with your respective airline before you travel.

- Your NDSS Card (*confirming that you live with diabetes – most helpful when in Australia*).
- Your Medicare Card (*to prove you're eligible for reciprocal health care in case you need to visit a hospital overseas*).
- Letter from your diabetes doctor/health care professional (*If travelling to a non-English speaking country, consider getting the letter translated to the language of the country/countries you are visiting.*)
- Sick day action plan and sick day first aid kit (*for general first aid needs plus diabetes-specific needs*).
- Travel insurance documents and device company information for airport security and screening (if required).
- Insulin pens or syringes plus needles to last for the whole trip, then double this amount (*need to have plenty of spares.*)
- Insulin and/or other injectable medications in a cool pack/s (do not freeze). (*It is recommended you take double the amount of insulin you would normally need for the length of your trip*).
- Prescriptions for all the medications you are taking with you.
- Medications as prescribed in their original pharmacy dispensed (labelled) containers/boxes (*if they are bulky, talk to your healthcare team about how to reduce the size*).
- Glucose meter, spare back-up meter plus batteries or charger (**NB: Lithium batteries need to be packed in carry-on luggage, not checked luggage**).
- Blood glucose test strips plus 50% extra (*you may need to check your glucose levels more often*).
- Blood ketone meter and blood ketone strips plus extras (*if you have type 1 diabetes*).
- Extra lancets and a spare lancing device or finger pricker.
- Insulin pump consumables {IPCs} (*cartridges, lines, etc.*) plus any other accessories you use (e.g. charger, batteries, inserter). (*It is recommended you pack twice as many IPCs as you might need for the time you'll be away*).

- A spare insulin pump (if you have one).
- CGM or Flash GM sensors (if you use them) plus 50% extra and spare consumables such as a reader, inserters, transmitters, alcohol wipes.
- Travel size sharps container with secure lid or a needle syringe clipping storage device which removes syringe needles and pen needles safely and easily.
- Medical alert bracelet or ID (specifying the type of diabetes you have). *There are many options available, but MedicAlert is recognised internationally: <https://www.medicalert.org.au/>*
- Carbohydrate (carb) snacks.
- Easily absorbed hypo treatments such as glucose tablets or jellybeans.