



Tips and Tricks to Plan Spring Break and other Travel

Keeping Journey and Destination in Mind!

With Spring Break just around the corner for many Kudzu families, the all-too-familiar feeling of preparing for a trip and having to take diabetes along can be daunting. Whether you're planning to cross the pond, hit the ski slopes, relax on the beach or visit family out of town, the tips and tricks below can help you better plan for your trip. Similar to life experiences, the journey is just as important as the destination—so plan for both!

- Most importantly, consult with your diabetes management team ahead of time. Tell them where you plan to travel, expected weather conditions and any time zone changes you will face. You may even have your care team write you a letter that details type 1 diabetes and how you currently treat it (pump, CGM, vial and syringe, etc.). This letter can be useful when passing through Customs or security.
- Traveling out of the country? Do some research ahead of time so you'll be aware what kind of insulin is available should you have an emergency and drop your backup vial on the hotel floor, only for it to bust into pieces.
- Technology and security—if you're a frequent flyer, you likely know the drill by now. However, if you're new to an insulin pump or CGM device, make sure you're aware of how you'll need to navigate security checkpoints. Know which pieces of technology can/can't go through metal detectors, x-ray machines and body scanners.
- As a rule of thumb, pack 2-3 times as many medical supplies that you anticipate needing—insulin, glucagon, syringes, pump sites, reservoirs, supplies to check blood sugar and urine ketones, air-tight snacks, low blood sugar treatments, etc. Think about the possibility of lost luggage—never check your supplies! Carry them on the plane, bus or train. You'd rather be safe than sorry—pack a “diabetes carry-on” with all of your supplies in one place.
- Keep supplies to check blood sugars easy to access, especially when on a plane. Prepare to buy juice once you pass through security if you frequently use it to treat low blood sugars.

- Check your travel insurance policy. Should you have a diabetes-related medical emergency that prevents you from taking the trip, you'll want to be able to reschedule or get all/some of your money back. Be careful—some travel insurance policies don't cover emergencies like this! Make sure you find a plan that does. We like International SOS (<https://www.internationalsos.com/>) and Air Ambulance (<https://www.airambulancocard.com/>).

For additional tips and tricks, visit the following websites:

<http://www.diabetestravel.org/>

<http://bd.com/us/diabetes/page.aspx?cat=7001&id=7355>

<http://www.projectbluenovember.com/travel-tips>

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