



Holiday Checklist

for diabetics with insulin therapy

- An adequate supply of insulin (leave it in the original packaging)
- Blood glucose meter, lancing device and sufficient accessories such as test strips, lancets and spare batteries for the meter (and spare meter)
- Ketone test strips and regimen for the treatment of ketoacidosis
- Sufficient glucose for an emergency
- Cooler bag for insulin and blood glucose test strips
- "Medical Certificate" certifying diabetic needs (issued by your doctor)
- Diabetic ID card in English or the language of the country where you are travelling
- Treatment plan (showing insulin doses and correction factors)
- Possibly a glucagon set (if you tend to suffer from severe hypoglycaemia)
- Diabetes diary
- Address and telephone number of the supervising diabetes team and/or your travel health insurance company

For ICT you will also need:

- Insulin pen(s), including spare pens
- Sufficient pen needles

For insulin pump therapy you will also need:

- Your own insulin pump (and possibly a spare pump for your holiday)
- Accessories such as batteries, an adaptor and empty ampoules
- Sufficient infusion sets or sufficient Pods if you use the mylife™ OmniPod® system
- Means of disinfecting the site of puncture
- Single-use syringes for an emergency, e.g. mylife™ DailyDose™
- Possibly a spare insulin pen
- Carrying systems
- Possibly extra plasters for affixing the infusion set
- Printout of pump settings (basal rates, IC ratio, correction factors, etc.)

If you are planning to have a break from your pump:

- Treatment plan
- Insulin pen and pen needles
- Insulin (basal insulin and bolus insulin)

Tip

Rather take too much with you than too little and order supplies from (online) pharmacies early on.