



Holiday checklist for diabetics on insulin therapy

Basic requirements:

- An adequate supply of insulin (leave it in the original packaging. Transport and store it according to the manufacturer's instructions)
- Blood glucose meter and lancing device as well as sufficient accessories such as test strips, lancets and spare batteries for the meter (also for the spare meter)
- Ketone test strips and regimen for the treatment of ketoacidosis
- Sufficient glucose for an emergency
- Cooling bag for insulin and blood glucose test strips
- Letter from your doctor certifying diabetic needs (issued by your doctor)
- Diabetic ID card in English or in the language of the holiday destination including personal address data
- Treatment plan (showing insulin doses and correction factors)
- Treatment for hypoglycemia
- Diabetes diary
- Address and telephone number of the supervising diabetes team and/or your travel health insurance company
- Instructions for use of the products for reference

Also important for users of insulin pens:

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

Also important for insulin pump therapy:

- Your own insulin pump (and possibly a holiday pump/replacement pump) – the mylife™ YpsoPump® holiday pump should be ordered with enough lead time, preferably approx. 3 weeks before starting your holiday
- Accessories such as batteries, empty cartridges
- Sufficient infusion sets (note: possible increased need for beach holidays)
- Agent for disinfecting the puncture site (note: do not use refatting agents)
- Single-use syringes for an emergency
- Insulin pen and pen needles as replacement
- Carrying systems
- Extra plasters for affixing the infusion set
- Pump settings (basal rates, IC ratio, correction factors etc.)

If you are planning to have a break from your insulin pump therapy during holidays:

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



Tip: It is better to take too much of everything with you than too little. Place your orders early.