


Traveling with Diabetes During the Holidays

Prepare ahead of time with these tips to possibly prevent a stressful situation



Bring all testing supplies

(blood glucose meter, lancets and test strips)

- Extra test strips are a good idea!
- If using a Continuous Glucose Monitor, bring backup testing supplies in case of sensor failure. 
- You can safely go through TSA screening while wearing a sensor. If uncomfortable, you may request a pat-down instead.

Medications (Part I)

- Pack all medications in your carry-on bag.

Do not put them in your checked bag. There is no temperature regulation under the plane, which can result in very cold or very hot conditions. Liquid medications like insulin will be less effective if exposed to temperature swings.

- All opened insulin pens and vials do not require refrigeration after first use, but all other unopened medications do require an ice pack with a cooler bag when traveling.



Medications (Part II)

- Put these liquid medications in the refrigerator at first opportunity when arriving at your final destination.
- Make sure you have enough medications to make it through your entire trip.

If you are not yet due for a refill, call your pharmacy and request a “vacation override” to get you through.

Your Insulin Pump

- Pack backup insulin and syringes in case of pump failure.
- Don't forget to bring your long-acting insulin. Double check the expiration date.
- You don't need to disconnect from your insulin pump at TSA screening.

If you are uncomfortable to go through the scanner, you may alert the TSA employee that you have diabetes and request a pat-down or to be wanded instead.