

Fit Facts: Packing Your Bags and Diabetes Supplies

Planning a trip? When you have diabetes, you need to allow for a couple of extra steps to be added to your packing routine. Here are some tips to help you pack and plan for all the items that you might need.

Your Diabetes Travel Bag

Put all your diabetes medications and supplies in one small bag or backpack, and keep it with you at all times. For plane travel, pick a bag small enough to go under the seat in front of you. That way, you'll have easy access to anything you need. Never check the bag, even if you don't expect to use it. You might run into an unexpected delay, or your checked luggage could be lost.

Include these items, if you use them:

- Diabetes pills
- Insulin with syringes or other insulin-related supplies
- Glucagon emergency kit
- Glucose meter with testing supplies and extra batteries
- Urine-testing supplies
- Any other medications

Your diabetes travel bag should also contain:

- Prescriptions for your medications
- Doctor's note on letterhead describing how you manage diabetes and listing all the medications and supplies you need
- Glucose tablets or handy snacks, such as hard candy or snack packs of crackers and cheese, to treat low blood glucose
- Medical identification card

More Tips for Your Trip

Wear a medical ID bracelet or necklace, which lets those on the scene know you have diabetes in case of emergency. Some ID jewelry comes with a flash drive so you can include a detailed medical history. Keep insulin and syringes — and other insulin-related supplies — in their original packaging. These items should be clearly marked with a pharmaceutical label identifying what they are. As a rule of thumb, pack twice as many insulin vials, syringes, pills and testing supplies as you think you'll need.

If You're Going by Plane

If you'll be flying, here's good news: Diabetes medications and supplies — even liquids — are allowed through security once they've been screened. Keep these items in a separate bag and let the security officer know you have them before screening starts.

Insulin should not be placed in checked baggage. It could be affected by severe changes in pressure and temperature. Inspect your insulin before injecting each dose. If you notice anything unusual about the appearance of your insulin or you notice that your insulin needs are changing, call your doctor.

Whenever possible, bring prescription labels for medication and medical devices (while not required by TSA, making them available will make the security process go more quickly). Consider printing out and bringing an optional [TSA Disability Notification Card](#). You can download [My TSA Mobile App](#) or if you have specific questions about flying with medications, call the TSA Cares toll-free helpline at **855-787-2227**. TSA recommends calling at least 72 hours before your flight.

A little planning goes a long way toward a safer, smoother trip. You'll worry less about unforeseen health problems — and focus more on having fun.

Sources: [Diabetes.org](https://www.diabetes.org), [Transportation Security Administration](https://www.tsa.gov)