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East Lancashire Hospitals
NHS Trust

TRAVEL & DIABETES

East Lancashire
Children and
Young Peoples
Diabetes Team

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Top Tips

- Talk to your diabetes team at least 4-6 weeks before you go.
- Get adequate travel insurance. Make sure that it covers a child or young person with type 1 diabetes. **Read the small print.**
- Carry identification stating that the child / young person has Type 1 diabetes. You can request a customs letter from your Doctor / Nurse in clinic to help carry your supplies through security at the airport. It is sometimes useful to carry a copy of an up to date repeat prescription with your usual supplies and insulin listed on it.
- Take double the amount of supplies and insulin than you would normally use for the same amount of time if you were at home. **Always carry these in your hand luggage.** It is a good idea to split these between a few bags if possible in case one bag gets mislaid.
- Time zones - find out what the time difference is between home and your holiday destination. Insulin that is given at a certain time at home may need to be altered whilst on holiday. Discuss with your diabetes team.
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Hot Weather

Insulin needs to be kept out of direct sunlight so it is a good idea to carry it around in a coolbag such as the FRIO bag. If on a pump, keep under clothes or under a towel when in the sun.

Cold Weather

Insulin and blood glucose meters do not tolerate cold weather so need to be kept close to the body if outside.

Blood Glucose

Be aware that you may need to do more blood glucose checks whilst on holiday in order to manage the different foods that you may be eating and the activities you may be doing.

Enjoy Your Holiday!