



Travel Checklist

	Things to consider -- Sign into MyChart
	Medical Alert ID
	Proof of prescription or pharmacy labels
	Travel clinic for immunizations
	Travel insurance
	Check with your airline about new security regulations
	Insulated container to cool insulin, ie. Frio kit
	First aid kit with pain relievers, antibiotic cream, bandages, gauze, tape, thermometer, re-hydration source
	Medication for vomiting and diarrhea
	Madison Clinic Emergency Contact Form Completed
	Madison Clinic Letter for TSA/Airline
	Foreign language sheets explaining you have T1DM or need juice/sugar
	"Essentials" in carry-on baggage
	Two blood glucose meters, packed in separate bags, if possible
	Extra meter batteries
	Meter test strips
	Lancets
	Insulin- double the amount you think you will need/back up vial or pen
	Syringes or Insulin pens and pen needles
	Alcohol wipes
	Ketone strips or Precision Extra meter with blood ketone strips
	Glucagon emergency kit
	Fast-acting carbohydrates to treat low blood glucose
	Starchy carbohydrate sources for snacks
	Emergency numbers
	Pumper: In addition to many of the above
	Written list of the pump settings
	Instructions for switching back to injections and all necessary supplies above
	Loaner pump--if desired contact pump company.
	Pump batteries
	IV Prep/Skin Prep/Alcohol
	Tegaderm/IV 3000/Hypafix/tape
	Infusion sets and insertion device (if needed)
	Reservoirs
	Continuous Glucose Monitor (CGM's)
	Sensors and insertion device (if needed)
	Transmitter
	Receiver (Dexcom)