

Staying safe on holiday

Tips for holiday makers with diabetes



Pack smart. Bring more medication and equipment than you would usually.

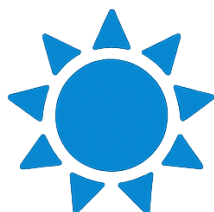
Always get **travel insurance** that covers diabetes-related health issues.

Keep emergency contact details with you and wear a medication wristband or identifier.

Prepare for airport security and customs with a travel letter in English and the local language.

Carry insulin and equipment in your hand luggage only.

Keep snacks and fast-acting carbohydrates handy, don't rely on airport shops or flight mealtimes.



Heat speeds up how insulin is absorbed

Monitor your glucose levels and be prepared to adjust your food and insulin levels more often than usual, remember that heat speeds up how insulin is absorbed.



Protect your feet

Never go barefoot and check them regularly if you have diabetic neuropathy.



In the sun...

- Stay hydrated with low-sugar, caffeine free and non-alcoholic drinks.
- Stay in the shade and avoid going out in the hottest part of the day.
- Wear sunscreen and sunglasses, loose clothing, and a wide brimmed hat.



Be aware of alcohol...

You may be more or less active than usual, and drink more alcohol, so be aware that you're not following your normal routine.



Hypo or heat exhaustion?

- Feeling faint or dizzy.
- Sweating.
- Confusion or disorientation.



Glucometers are affected by heat

Glucometers, test strips, and insulin can all be affected by the heat so keep them at room temperature or cool using a travel cool bag. Do not freeze them.