

Patient Information

Travel Checklist

Take two-three times the amount of supplies required and split into separate containers, in case of loss or damage, **these must be kept in your hand luggage**. The Diabetes Nurse can provide you with a covering letter for this.

- Basal insulin pen and/or basal insulin cartridges
- NovoRapid insulin pen and/or Novorapid insulin cartridges
- Blood glucose meter, test strips and lancets. Diary for recording results
- Blood ketone test strips/meter
- Hypo treatment/fast acting and slow release carbohydrates
- Glucogel (formerly known as Hypostop Gel)
- Glucagen Hypokit
- Plastic tub for disposal of needles/lancets
- Cool pack e.g. Frio (Diabetes Nurses have information leaflet)
- European Health Insurance Card (EHIC) (available online: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-ehic-european-health-insurance-card/>) or by calling 0845 606 2030 or by picking up an application form from the post office
- Identification e.g. jewellery or ID card
- Tummy bug treatment e.g. Dioralyte
- Any other medication that is being taken

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