

# Children & Young People Travelling with Type 1 Diabetes

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Advice on what to do to prepare for your holiday when you have  
type 1 diabetes

## Preparation

Before you go on holiday, you need to check that you have organised the following:

- Ordered enough supplies from your G.P. and insulin pump company.
- If you are going abroad, order your travel letter from the team for your trip, confirming you have diabetes. Please ring 01524 583827 to ask for a letter, giving at least five working days' notice.
- If you are NOT travelling with parents (i.e. with school, activity, friends trip), please speak to your nurse as soon as possible. Training will need to be arranged for the staff/friends involved.
- If you wear an insulin pump you may be able to take a spare pump with you which you should order directly from the company. They will need at least five weeks' notice to supply this.
- Ensure you have a printed copy of your pump/meter settings. In case the pump/meter fails, you would then know how much insulin to give.
- It is a good idea to check your holiday insurance will cover you for diabetes.
- Find out the name of the insulin you use in the country you are travelling to - e.g. Novorapid may have another name abroad. Check the advice here: <https://www.diabetes.org.uk/travel>.
- Check any time differences for your trip, and plan what to do with your insulin for the duration of your holiday with the diabetes team.
- Try to organise a room with a fridge to enable you to store your insulin. You could purchase a cool bag, e.g. Frio Pack, to help keep your insulin cool in hot weather, especially if you are going on a long-haul flight.

## Packing Checklist for Insulin Pump

- Infusion sets and inserter (Medtronic)
- Reservoirs (Medtronic)
- Pods (Omnipod)
- Novorapid insulin vials 10ml
- Insulin cartridges (rapid acting and long acting)
- Insulin pens and needles

- Blood glucose meter
- Blood glucose strips
- Finger pricking device and lancets
- GlucoGel Tubes
- Glucotabs / Dextrose tablets / sweet drink / snacks etc.
- Spare Medtronic / Omnipod insulin pump (order directly from company)
- Blood ketone meter and test strips
- Glucagon emergency injection
- Batteries
- Small sharps box
- Travel letter from diabetes team

## Packing Checklist for Insulin Pens

- Blood glucose meter
- Blood glucose strips
- Finger pricking device
- Lancets for the finger-pricking device
- Insulin pens
- Pen needles
- GlucoGel tubes
- Glucagon injection
- Glucojuice
- Spare insulin cartridges
- Spare insulin pens
- Ketone meter and test strips
- Snacks / Dextrose tablets / sweet drink etc.
- Glucose meter batteries
- Small sharps box
- Travel letter from diabetes team



## At the Airport

- Check you have plenty of supplies for the duration of your trip. Carry them in two hand luggage bags, if possible, in case a bag is lost.
- Pack extra snacks in case of any delays to the journey
- It is important that all your diabetes supplies are carried in a hand luggage bag and not in a suitcase. The insulin and meter will get too cold in the hold, and you may need them on the plane.

- The cabin crew may request your insulin is handed over for storage during the flight.
- Insulin pumps and Freestyle Libre MUST NOT be removed and should NOT go through the X-ray machines at the airport. The travel letter from the team confirms this information for the security staff.

## **What to do when you arrive**

- Find out where the nearest medical centre is, in case you are unwell during your holiday.
- Ensure your insulin is stored somewhere cool and safe.
- It is important you are always wearing some form of ID to alert people about your diabetes.
- If you are ordering soft drinks from the bar, check the staff understand you are asking for sugar-free alternatives.

## **While You Are Away**

### **Looking after yourself in hot weather**

- Keep yourself well hydrated by drinking plenty of bottled water.
- If you are ordering drinks from the bar, make sure these are sugar-free and make sure that the staff understand what you are requesting.
- It is important you keep your insulin cool and out of direct sunlight.
- If you are away for the first time without your parents, make sure that whoever you are with knows about your diabetes and how to help you if you are unwell.
- Remember hot weather can cause more hypos as your body is using extra energy to cool down.
- If you are exercising more (e.g. swimming) you may need to reduce your insulin doses.
- Wear something on your feet at all times, especially on hot surfaces like sand etc.

## Looking after yourself in cold weather

- Make sure you keep your blood glucose meter out of extreme cold weather as this will affect the results and the meter may not function.
- Do not allow your insulin to freeze, as this will harm its action.
- Insulin absorption may be slow, so monitor your blood glucose levels more frequently.
- You may experience more hypos due to your body working harder to keep warm.

**Enjoy your holiday!**

### Leaflet Details

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website:  
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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