

Travel Packing Checklist

FOOD/DRINK

- Snacks
- Water
- Juice boxes
- Easy-to-ingest carbs, such as hard candy *(in case of emergency)*

TREATMENT SUPPLIES

- Blood glucose meter *(more than one, if possible)*
- Insulin
- Glucose tablets
- Test strips *(enough to test more often while traveling)*
- Needles
- Alcohol swabs
- Treatment for severe low blood sugar

PAPERWORK

- Emergency prescriptions to use at out-of-town pharmacies
- Insurance cards
- Healthcare plan from your child's medical team for the time you'll be away *(including insulin schedule and time zone changes, travel tips, and list of needed supplies)*
- Note from doctor *(if flying, to help get diabetes supplies through security)*
- Emergency contact numbers
- Information about where to find medical care at your destination

ADDITIONAL ITEMS

- Extra batteries
- Cell phone
- GPS unit
- Medical alert bracelet
- Waterproof, insulated bag or cooler for insulin
- Water purification tablets *(if hiking)*
- Comfortable shoes; extra pairs of clean, dry socks *(if walking long distances)*

Please note that this is not a complete list. It is only intended as general guidance. Content was developed by Disney and reviewed in consultation with Lilly USA, LLC.

