

# Travelling With Diabetes



## Things to check before you go

- Medical report and a letter from your GP for your medication you need to take.



## Things to think about at the airport

- Stay up-to-date with the airport time to avoid running into last minute problems.



## Packing for a trip

- Prepare some of your diabetes supplies in your hand luggage.



## Food and Travelling

- Prepare glucose tablets and drinks or any sugary drink if you become hypo.



## Cold Climates

- Insulin absorbed more slowly in cold climates.
- Guarding against hypo is really important.



## Hot Climates

- Take care of your feet if you have neuropathy that will cause numbness. Protect your feet from the sun with socks.



## Getting ill abroad

- Talk to your doctor for advice before you go.
- Check your insurance policy for what your insurers will pay for.



NATIONAL  
KIDNEY  
FOUNDATION  
MALAYSIA