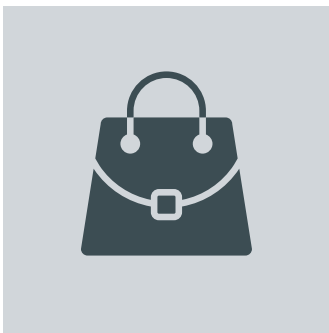


Holiday Checklist

FOR PATIENTS WITH DIABETES



Depending on your therapy, you should carry the following in your hand luggage:

- A sufficient quantity of insulin and/or diabetes tablets (leave it in the original packaging)
- Any regular medication
- Blood glucose meter with test strips in sufficient quantities
- Lancing device and lancets in sufficient quantities
- Insulin pens and pen needles (or insulin syringes)
- A sufficient quantity of glucose and other fast-acting carbohydrates
- A glucagon syringe, if needed
- Urine test strips to check your ketone levels
- A letter from your doctor (in English), stating that you are a diabetic and what equipment and medication you need on your person at all times.
- Daily diabetes diary
- A list of the insulins available in the vacation country that correspond to your insulin
- Diabetic ID card in English and/or the language of the vacation country



Carry the following in your normal luggage:

- Addresses of international pharmacies
- Insulin syringes (empties only) and pens
- If applicable, an insulin prescription from your physician
- An insulated bag to cool the insulin
- Replacement batteries for the blood glucose meter
- Information to calculate the typical nutritional values in the vacation country
- Foot care set