

Travel Checklist

Carry-on luggage

- Medication and tablets
- Insulin and/or diabetes medication as a solution for injection (GLP-1 receptor agonists)
 - store cooled, ideally between 2 and 8 degrees Celsius
 - place in a plastic bag for flights, like all other liquids in accordance with international regulations
- If you use pre-filled insulin pens: at least one spare pen per insulin. If you use refillable pens or an insulin pump: syringes
- Spare needles
- Insulin pump with accessories (e.g. catheter, infusion set, reservoir, spare batteries)
- CGM system (with spare sensors and accessories)
- Disinfectant (if in a bottle, maximum 100 mL for flights and placed in a plastic bag like the insulin)
- Smartphone charger, travel adapter, power bank
- Blood glucose meter (with spare batteries)
- Lancing device, lancets
- Glucagon emergency kit if applicable
- Cool bag to keep the insulin cool
- Doctor's certificate for airport and border checks
- Diabetes medical alert ID in multiple languages
- Treatment plan for emergencies (insulin, target values, insulin sensitivity, etc.)
- Chip card for your health insurance, travel health insurance, copy of your vaccination pass
- Sufficient glucose tablets, gels or juice
- Snacks: muesli bars, nuts, dried fruit

Main luggage

- Stocks of medication (keep in mind that Insulin, GLP-1 receptor agonists and other medication may require cooling)
- In the case of refillable insulin pens or an insulin pump: spare pen or syringes (U40 or U100 depending on the insulin used)
- Spare needles
- In the case of insulin pump therapy: stocks of consumable materials (infusion sets, adhesive pads, insulin pump reservoir, batteries)
- Optionally a second blood glucose meter
- Tape and adhesive pads for securing the CGM sensor in the event of heavy perspiration or watersports
- Test strips (blood glucose, acetone, urine glucose)
- Glucose tablets or gel

Other essential items

- Travel ticket / car documents / driver's license
- Passport / personal ID card
- Foreign currency / traveler's checks / credit card
- Medication for diarrhea and vomiting
- Sunscreen

Please note that this checklist is not a substitute for medical advice; it solely lists useful items. It does not claim to be exhaustive.