

Coastal Kids Endocrinology & Weight Management

TRAVELING WITH YOUR INSULIN PUMP

Travel Smart • Stay Safe • Have Fun!

Before You Leave

Planning ahead makes traveling with diabetes much easier!

- ✓ Pack at least TWICE as much diabetes medication and supplies as you think you will need.

 *Always keep ALL diabetes supplies in your carry-on bag when flying. Never pack them in checked luggage.*

Diabetes Travel Checklist

- ☐ Insulins (vials and/or pens, both rapid acting and long acting- even if you wear an insulin pump)
- ☐ Syringes and/or pen needles
- ☐ Blood glucose meter, test strips and lancets
- ☐ Ketone testing supplies
- ☐ Alcohol swabs
- ☐ Pump supplies (pods, infusion sets, reservoirs/cartridges)
- ☐ CGM sensors
- ☐ Extra batteries, charging cables, or power bank
- ☐ Low blood sugar treatment (glucose tablets, juice, gummies, etc.)
- ☐ Extra snacks
- ☐ Glucagon (Baqsimi®, Gvoke®, or Zegalogue®)
- ☐ Cool pack for insulin
- ☐ Medical ID
- ☐ Travel letter signed by your diabetes provider

Airport Security

- Tell the TSA officer that you have diabetes and are carrying medical supplies.
- Diabetes supplies are allowed in your carry-on bag.
- Per FDA recommendations, do NOT send your insulin pump or CGM through an X-ray machine.
- If needed, disconnect your device before entering a body scanner.
- You may request an alternative screening or hand inspection.

Traveling Across Time Zones

- Keep your pump, CGM, and meter on your HOME time while traveling.
- After arriving, change all diabetes devices to the LOCAL time zone.

Travel with Confidence!

- Keep diabetes supplies with you at all times.
- Carry extra snacks wherever you go.
- Wear your Medical ID.
- Have a backup plan in case your pump stops working.

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