

Packing Checklists For Diabetics

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Travel Documents & Money

- Travel tickets, itinerary, booking confirmations
- Passport and visa
- Travel insurance policy
- Medical card
- Vaccination card
- Driving license
- Maps, directions
- Travel money / payment cards
- Wallet / money belt
- Letter from your doctor explaining your diabetes
- Copy of all travel documents
- Medical history / list of all medications
- Frequent flyer card
- International student card
- Other discount cards
- Emergency contact information
- _____
- _____
- _____

Clothes & Accessories

- Casual day wear
- Leisure wear / sports wear / swimwear
- Evening wear
- Outerwear
- Sleepwear
- Underwear and socks
- Diabetic socks
- Pantyhose / tights
- Shoes for all occasion
- Hats or caps
- Gloves or mittens
- Raincoat or poncho
- Umbrella
- Quick dry towel or beach towel
- Sunglasses
- Belt
- Ties
- Watch
- Jewelry
- Other accessories
- _____
- _____
- _____

Diabetic Travel Supplies

- Specially for injectors**
- Insulin cartridges
 - Insulin pens (long and short-acting)
 - Needles
- Specially for insulin pump users**
- Reservoirs
 - Infusion sets
 - Infusion set inserter
 - Bottles insulin
 - Batteries for pump
 - Blood test machine
 - Lancing device
 - Blood test sensors
 - Hypo treatment
 - Insulin cooler / cooling case wallet
 - Travel weighing scale
 - Other diabetic travel supplies
 - _____
 - _____
 - _____
 - _____

Toiletries & Health

- Shampoo, conditioner, soap and washcloth
- Hair dryer and hair styling products
- Toothbrush, toothpaste, dental floss, mouthwash
- Deodorant, perfume
- Moisturizer, lip balm
- Make-up and remover
- Comb or brush
- Small mirror
- Shaving equipments
- Nail file, clippers, tweezers
- Cotton swabs
- Toilet paper
- Feminine hygiene products
- Antibacterial hand wipes
- Sunscreen lotion
- First aid kit
- Insect repellent
- Malaria tablets
- Prescription & OTC medicines
- Contraceptives
- Glasses / contact lenses
- Other toiletries
- _____
- _____
- _____

Electronics & Gadgets

- Mobile phone and charger
- Digital camera
- Camcorder
- Battery charger
- Tripod for camera / camcorder
- Adaptor and converter
- Extension cord
- Alarm clock
- iPod / CD player with headphones
- Laptop or iPad, and charger
- Bluetooth mini speaker
- _____
- _____
- _____

Other Necessities

- Guidebooks, maps, phrasebooks
- Books / magazines
- Notebook / journal and pen
- Address / contact book
- TSA-approved luggage locks
- Luggage tags
- Earplugs, sleeping mask, flight socks
- Inflatable travel pillow
- Chewing gum and mint
- Snack (not in liquid form if flying)
- Water bottle to refill
- Swiss army knife
- Eating utensils
- Plastic Ziploc bags
- Sewing kit and scissors
- Spare batteries
- Duct tape
- Universal sink plug
- Travel iron
- Mosquito net
- Binocular
- Small flashlight / night light
- Small hospitality gifts
- CV and references
- _____
- _____
- _____