

# Your Complete Travel Checklist for CGM Users

## A Senior's Guide to Worry-Free Trips

### Two Weeks Before Travel

- [ ] Schedule doctor's appointment for travel letter
- [ ] Contact DME supplier to ensure adequate supplies
- [ ] Check CGM sensor expiration dates
- [ ] Update emergency contact information
- [ ] Research medical facilities at destination
- [ ] Purchase travel insurance if needed

### One Week Before Travel

- [ ] Organize all supplies into travel kit
- [ ] Charge all devices and backup batteries
- [ ] Download offline maps of pharmacies at destination
- [ ] Make copies of all documentation
- [ ] Inform travel companions about your CGM
- [ ] Set up CGM data sharing with family if desired

### Day Before Travel

- [ ] Insert fresh sensor if current one expires during trip
- [ ] Pack supplies in multiple bags
- [ ] Charge all devices to 100%
- [ ] Print boarding passes and documents
- [ ] Set reminder alarms for medication times
- [ ] Prepare snacks for travel day

### Day of Travel

- [ ] Check blood sugar before leaving home
- [ ] Verify all supplies are packed

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- [ ] Wear medical alert identification
- [ ] Keep doctor's letter easily accessible
- [ ] Eat a proper meal before traveling
- [ ] Arrive at airport/station early