

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