

**Taking your pump on holiday: Pre holiday check list****Packing before you leave**

Before setting off on your holiday consider the following checklist and make sure you have visited the **MiniMed eShop** to order enough supplies:

Extra pump batteries

Insulin (and appropriate storage container)

Pump supplies (reservoirs and sets)

Insulin pen or syringes

Ketone testing kit and strips

Glucagon emergency kit (If you are already prescribed this by your GP)

Bayer Contour Next Link glucose meter (Take a spare with you)

Fast Acting Carbohydrate for treating hypos and extra food such as nutrition bars which are easy to carry

Sharps disposal- BD safeclip from your GP on prescription

**And don't forget....**

Key contact details of your doctor and diabetes healthcare team including the letter from them

Wear or carry **medical ID** indicating that you have diabetes and that you are on an insulin pump

Take your MiniMed pump getting started guide and a list of all your pump settings and the MiniMed 24hr helpline number which can be used anywhere in the world

**+44 (0)1923 205167**

**Top Tip:** Always carry medications, snacks, pump supplies and the letter from your doctor in your carry-on luggage when you fly. This is especially important because your luggage may be lost, or you may have unplanned delays for extended periods of time. Remember that Insulin in checked luggage may be exposed to extreme (often freezing) temperatures.

**Remember to visit the MiniMed eShop to order your supplies**



[shop.medtronic-diabetes.co.uk](http://shop.medtronic-diabetes.co.uk)

**If you have a question then please do not hesitate to contact us**



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**If you would like further information then visit our website**



[www.medtronic-diabetes.co.uk](http://www.medtronic-diabetes.co.uk)