

PACKING CHECKLIST

CLOTHING

- ☐ Comfortable shoes
- ☐ Underwear + socks
- ☐ T-shirts
- ☐ Sweater / hoodie
- ☐ Pants / jeans / skirts / dresses
- ☐ Jacket (weather-proof)
- ☐ Sleepwear
- ☐ Swimsuit (optional)
- ☐ Hats (optional)
- ☐ Belt

TOILETRIES

- ☐ Toothbrush + toothpaste
- ☐ Soap / body wash
- ☐ Shampoo / conditioner
- ☐ Deodorant
- ☐ Face cream
- ☐ Wet wipes / tissues
- ☐ Sunscreen
- ☐ Razor
- ☐ Menstrual products (if needed)
- ☐ Makeup (if needed)

DOCUMENTS

- ☐ Passport / ID card
- ☐ Boarding passes / travel bookings
- ☐ Travel insurance policy
- ☐ European Health Insurance Card
- ☐ Emergency contacts
- ☐ Student card / health card

MISCELLANEOUS

- ☐ Snacks (sweet + salty)
- ☐ Water bottle (reusable)
- ☐ Glasses / sunglasses
- ☐ Backpack / day bag
- ☐ Book / journal
- ☐ Games / cards
- ☐ Notebook + pen

ELECTRONICS

- ☐ Phone + charger
- ☐ Power bank
- ☐ Travel adapter (plug type!)
- ☐ Headphones

DIABETES CHECKLIST

DIABETES ESSENTIALS

- | | |
|---|---|
| <input type="checkbox"/> Insulin pens / vials (double the usual amount) | <input type="checkbox"/> Doctor's note and prescription (EN and local language) |
| <input type="checkbox"/> Glucagon emergency kit | <input type="checkbox"/> Quick sugar (glucose tablets / candy / juice) |
| <input type="checkbox"/> Syringes / pen needles / infusion sets | <input type="checkbox"/> Diabetes ID card / bracelet |
| <input type="checkbox"/> Insulin pump (with charger + backup) | <input type="checkbox"/> Spare batteries / USB charger |
| <input type="checkbox"/> Blood glucose meter + strips | <input type="checkbox"/> Frio pouch / insulin cooling bag |
| <input type="checkbox"/> CGM (sensors + receiver / app) | <input type="checkbox"/> Printout of your diabetes care plan |
| <input type="checkbox"/> Ketone test strips | <input type="checkbox"/> Translation card: "I have type 1 diabetes" |

DO YOU HAVE EVERYTHING READY BEFORE YOUR TRAVEL?

- ☐ Book travel insurance or confirm with organizers if insurance is covered (covers chronic conditions)
- ☐ Check if your EHIC is valid (if applicable)
- ☐ Ask your doctor for a travel certificate
- ☐ Translate key phrases like "*I have type 1 diabetes*"
- ☐ Plan where to store insulin (cooling bag, fridge)
- ☐ Pack all diabetes gear in carry-on, not checked bag
- ☐ Know emergency numbers in the destination country
- ☐ Save hospital addresses near your destination
- ☐ Set medication reminders (time zones can shift your schedule)