

# PACKING CHECKLIST

CLOTHING	TOILETRIES
<input type="checkbox"/> Comfortable shoes	<input type="checkbox"/> Toothbrush + toothpaste
<input type="checkbox"/> Underwear + socks	<input type="checkbox"/> Soap / body wash
<input type="checkbox"/> T-shirts	<input type="checkbox"/> Shampoo / conditioner
<input type="checkbox"/> Sweater / hoodie	<input type="checkbox"/> Deodorant
<input type="checkbox"/> Pants / jeans / skirts / dresses	<input type="checkbox"/> Face cream
<input type="checkbox"/> Jacket (weather-proof)	<input type="checkbox"/> Wet wipes / tissues
<input type="checkbox"/> Sleepwear	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Swimsuit (optional)	<input type="checkbox"/> Razor
<input type="checkbox"/> Hats (optional)	<input type="checkbox"/> Menstrual products (if needed)
<input type="checkbox"/> Belt	<input type="checkbox"/> Makeup (if needed)

DOCUMENTS	MISCELLANEOUS
<input type="checkbox"/> Passport / ID card	<input type="checkbox"/> Snacks (sweet + salty)
<input type="checkbox"/> Boarding passes / travel bookings	<input type="checkbox"/> Water bottle (reusable)
<input type="checkbox"/> Travel insurance policy	<input type="checkbox"/> Glasses / sunglasses
<input type="checkbox"/> European Health Insurance Card	<input type="checkbox"/> Backpack / day bag
<input type="checkbox"/> Emergency contacts	<input type="checkbox"/> Book / journal
<input type="checkbox"/> Student card / health card	<input type="checkbox"/> Games / cards
	<input type="checkbox"/> Notebook + pen

ELECTRONICS	
<input type="checkbox"/> Phone + charger	<input type="checkbox"/> Travel adapter (plug type!)
<input type="checkbox"/> Power bank	<input type="checkbox"/> 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>I have type 1 diabetes</i> "

## 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)