

Plan Ahead  
Stay Safe  
Have Fun!

CAPTAIN  
LANTUS  
PRESENTS

Every  
Adventure  
Is Possible!

# HOLIDAY HERO

Ready, Pack, Protect!

Your guide to safe adventures  
with Type 1 Diabetes

DEPARTURES  
✈️ EXPLORE  
✈️ ADVENTURE  
DISCOVER  
MEMORIES

TIME  
TO BE A  
HOLIDAY  
HERO!



- CHECKLIST
- ✓ INSULIN
  - ✓ SUPPLIES
  - ✓ SNACKS
  - ✓ HYPO KIT
  - ✓ FUN!



BE PREPARED  
★  
★  
BE A HERO

PLAN AHEAD. STAY SAFE. MAKE MEMORIES..  
**YOU'VE GOT THIS, HOLIDAY HERO!**

# PLANNING A HERO ADVENTURE



Good planning keeps you safe and helps you enjoy every moment! ❤️

Going on holiday is exciting!  
A little extra planning helps you manage your diabetes like a hero, no matter where you go.  
❤️

## ★ THINK AHEAD ★

Before you go, make a plan and check these important things.

**1 WHERE ARE YOU GOING?**

Find out about the place, time zone, healthcare and local emergency numbers.



**2 CHECK INSULIN RULES**

Ask your airline about travelling with insulin, syringes, pumps and liquids.



**3 PACK SMART**

Take more supplies than you think you will need. Delays can happen!



**4 KEEP INSULIN SAFE**

Keep insulin cool and out of direct sunlight. Use cool bags or pouches.



**5 PLAN FOOD AND SNACKS**

Take healthy snacks you enjoy and know the carbs of new foods.



**6 SHARE YOUR PLAN**

Tell your travel companions about your diabetes plan in case you need help.




**CAPTAIN LANTUS SAYS:** ★

Preparation gives you confidence.  
Confidence gives you freedom.  
Be ready, be safe, be a Hero!

❤️

★ HERO REMINDER ★

  
**PLAN**

  
**PACK**

  
**PROTECT**

  
**ENJOY!**

A little planning today = a fantastic holiday tomorrow! ❤️

# AIRPORT HERO

Flying high with confidence! ❤️

Travelling by plane is exciting!  
A little preparation helps you and your diabetes supplies get to your destination safely and smoothly.



## 1 BEFORE YOU FLY

- ★ Check with your airline about travelling with diabetes supplies.
- ★ Carry a doctor's letter if you need one.
- ★ Arrive at the airport with plenty of time.
- ★ Pack your diabetes supplies in your hand luggage.



Plan ahead



Doctor's letter



Keep supplies with you



Give yourself extra time

## 2 AT AIRPORT SECURITY

- ✓ Tell the security team that you have diabetes supplies.
- ✓ You can carry insulin, needles, and other supplies.
- ✓ You may be asked to remove items for screening.
- ✓ It's OK to ask for a private screening if you prefer.

Let the team know you have diabetes supplies.



## 3 KEEP YOUR SUPPLIES SAFE

- ✓ Keep insulin cool – use a cool bag or travel wallet.
- ✓ Protect your supplies from heat and cold.
- ✓ Never put insulin in checked luggage.
- ✓ Keep extra supplies in case of delays.

KEEP IT COOL



Use a cool bag with ice packs.

AVOID EXTREMES



Keep away from direct sun and extreme cold.

CARRY, DON'T CHECK



Always keep your diabetes supplies with you.

EXTRAS ARE YOUR FRIEND



Pack extra supplies in case of delays or surprises.

YOU'VE GOT THIS! ❤️



A little planning today means more freedom and fun on your holiday!



★ HERO REMINDER

Plan ahead. Stay prepared. Adventure awaits! ❤️

5

# KEEPING INSULIN COOL LIKE A HERO

Heat can harm insulin – keep it cool! ♥

Insulin works best when it's kept between 2°C and 8°C.

Too much heat can cause insulin to stop working properly.



## ★ HEAT CAN HAPPEN ANYWHERE! ★

Plan ahead to keep your insulin cool – at home and when you're away.



In the sun



In a hot car



At the beach



In your luggage



On holiday

## 💡 GOOD TO KNOW!

- ✓ Never leave insulin in a hot car – even for a few minutes.
- ✓ Keep insulin out of direct sunlight.
- ✓ Use a cool bag or travel wallet.
- ✓ Check the temperature if you can.
- ✓ When in doubt, keep it cool!



## ★ WAYS TO KEEP INSULIN COOL ★

### COOL BAGS



Use cool bags with ice packs or gel packs to keep insulin cool.

### TRAVEL WALLETS



Special travel wallets help protect insulin from heat and bumps.

### FRIDGE AT YOUR STAY



If there is a fridge where you are staying, use it to store your insulin safely.

### CHECK THE LABEL



Always check the label for the best storage instructions.

### IN USE PENS



Pens in use can be kept at room temperature (below 30°C) for up to 28 days.

### EXTRA CARE IN HOT PLACES



Extra care is needed in hot countries and tropical climates.

### CAPTAIN LANTUS SAYS:

A cool plan = a safe plan!  
Keep insulin cool so it can keep you feeling your best!



### QUICK CHECK!

- ✓ Is my insulin cool?
- ✓ Do I have a cool bag?
- ✓ Are my ice packs frozen?
- ✓ Will I have a fridge?
- ✓ Am I ready to go?

### ★ REMEMBER! ★

Hot insulin doesn't work as well.

Keep it cool, keep it working!



**COOL INSULIN, CONFIDENT HERO!**

Keep it cool. Keep it safe. Keep it working!



# HEALTHY EATING HOLIDAY HERO

Enjoy tasty foods and keep your blood glucose in balance! ❤️

You can enjoy all kinds of holiday foods!  
The key is balance, planning and making smart choices.



## 1 EAT WELL, FEEL WELL

Try to choose a mix of healthy foods. ❤️

### FRUIT & VEG



Great for energy, vitamins and fibre.

### WHOLEGRAINS



Give you energy that lasts longer.

### PROTEIN



Helps your body grow and stay strong.

### DAIRY



Good for bones and teeth.

### WATER



Stay hydrated, especially in the sun!

### TREATS



It's OK to enjoy treats – just in balance!

## 2 PORTION SIZES MATTER

Even healthy foods have carbs.  
Larger portions = more carbs. ❤️



### SMALL

30g carbs



### MEDIUM

60g carbs



### LARGE

90g carbs



Use your eyes, a food scale or carb counting apps to help you estimate. ❤️

## 3 TIPS FOR EATING OUT

- ✓ Check the menu online if you can.
- ✓ Ask how foods are cooked. Grilled or baked is great!
- ✓ Don't be afraid to ask for changes to your meal.
- ✓ Eat slowly and listen to your body.
- ✓ Enjoy your treats – you deserve it! Balance is the secret.



NO SAUCE PLEASE



### CAPTAIN LANTUS SAYS:

Good fuel = more fun!  
Eat well, feel good and you'll be ready for any adventure!



### MY PLAN

- Choose healthy foods
- Drink water
- Watch portion sizes
- Enjoy treats in balance

Happy Holidays, Healthy Hero!



★ GOOD CHOICES TODAY, AMAZING MEMORIES FOREVER! ❤️ ★





# BUILD YOUR TRAVEL HERO KIT






Be ready for anything! ❤️

A Travel Hero Kit helps you handle surprises with confidence. Pack it before you go – and keep it with you! ❤️



## ★ WHAT TO PACK IN YOUR TRAVEL HERO KIT ★

<p><b>INSULIN</b></p>  <p>Take more than you think you need.</p> <input type="checkbox"/>	<p><b>PEN NEEDLES OR SYRINGES</b></p>  <p>Pack plenty for the whole trip.</p> <input type="checkbox"/>	<p><b>BLOOD GLUCOSE METER</b></p>  <p>Check your levels often.</p> <input type="checkbox"/>	<p><b>TEST STRIPS &amp; LANCETS</b></p>  <p>Make sure you have enough.</p> <input type="checkbox"/>	<p><b>CGM SUPPLIES (IF YOU USE ONE)</b></p>  <p>Sensors, transmitters and extra tape.</p> <input type="checkbox"/>
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<p><b>HYPOTREATMENTS</b></p>  <p>Quick sugar to treat lows fast.</p> <input type="checkbox"/>	<p><b>SNACKS</b></p>  <p>Healthy snacks for energy and steadier blood glucose.</p> <input type="checkbox"/>	<p><b>KETONE TEST STRIPS</b></p>  <p>Important if you are unwell or have high blood glucose.</p> <input type="checkbox"/>	<p><b>EXTRA SUPPLIES</b></p>  <p>Tape, wipes, spare batteries and more.</p> <input type="checkbox"/>	<p><b>IMPORTANT INFO</b></p>  <p>Carry your diabetes info card and emergency numbers.</p> <input type="checkbox"/>
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Check your kit before every trip and pack with confidence! ❤️

**DON'T FORGET!**

- ✓ Check expiry dates
- ✓ Refill what you've used
- ✓ Keep it cool
- ✓ Keep it with you
- ✓ You are in charge!

❤️

**★ HERO TIP ★**

Keep your kit in your hand luggage – never put it in checked baggage! ❤️



# BE PREPARED, STAY IN CONTROL

Heroes have a plan! ❤️

Good planning helps you handle the unexpected and stay safe on your holiday. You've got this! ❤️

SAFETY FIRST!  
❤️

## ★ WHAT TO DO IF... ★

### ...YOU HAVE A LOW BLOOD GLUCOSE



- ✓ Treat it quickly with fast-acting carbs.
- ✓ Re-check your level after 15 minutes.
- ✓ Tell an adult if you need help.

### ...YOU HAVE A HIGH BLOOD GLUCOSE



- ✓ Check for ketones if you can.
- ✓ Drink water.
- ✓ Take insulin as your plan says.
- ✓ Tell an adult.

### ...YOU LOSE SOMETHING IMPORTANT



- ✓ Stay calm.
- ✓ Tell an adult.
- ✓ Use your spare supplies.
- ✓ Find a pharmacy if you need to.

### ...YOU FEEL UNWELL



- ✓ Rest and drink plenty of fluids.
- ✓ Check your blood glucose.
- ✓ Tell an adult.
- ✓ Follow your sick day plan.

### ...YOU NEED HELP



- ✓ Tell an adult right away.
- ✓ Use your emergency contacts card.
- ✓ You are never alone!



## GET HELP IF YOU SEE THESE SIGNS



Very sleepy or hard to wake



Confused or not making sense



Vomiting and can't keep fluids down



Breathing very fast or deep



Severe stomach pain or feeling very unwell



If you are worried – don't wait. Tell an adult and get help. In an emergency, call your local emergency number. ❤️

### MY EMERGENCY CONTACTS

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Doctor / Diabetes Team: \_\_\_\_\_

Being prepared means you can relax and enjoy every adventure! ❤️



### ★ REMEMBER! ★

- ✓ Know your plan
  - ✓ Carry your supplies
  - ✓ Check your levels
  - ✓ Ask for help if you need it
- You're a Travel Hero! ❤️



★ PREPARED HEROES STAY SAFE AND MAKE AMAZING MEMORIES! ❤️

# ACTIVE ADVENTURES, HAPPY MEMORIES!

Stay active, stay safe and have fun! ❤️

You can enjoy lots of activities on holiday. A little planning keeps your blood glucose steady and your energy high!



## ★ ACTIVITIES YOU CAN ENJOY ★

### SWIMMING



- ✓ Check your level before.
- ✓ Keep fast carbs nearby.
- ✓ Wear a CGM patch cover if you use one.
- ✓ Have lots of fun!



### HIKING & WALKING



- ✓ Wear comfy shoes.
- ✓ Take water and snacks.
- ✓ Check your level regularly.
- ✓ Rest when you need to.



### BEACH DAYS



- ✓ Stay in the shade.
- ✓ Drink water often.
- ✓ Protect your supplies from sand and heat.
- ✓ Don't forget sunscreen!



### WATER SPORTS



- ✓ Wear your medical ID.
- ✓ Check your level before and after.
- ✓ Keep fast carbs in a waterproof bag.
- ✓ Stay safe and have fun!



### SIGHTSEEING



- ✓ Take snacks and water.
- ✓ Plan breaks.
- ✓ Keep your supplies with you.
- ✓ Enjoy making amazing memories!



## ✓ BEFORE YOU GET ACTIVE

- ✓ Check your blood glucose.
- ✓ Make sure you have enough insulin on board.
- ✓ Eat a snack if needed.
- ✓ Bring water and fast carbs.
- ✓ Tell someone what you are doing.
- ✓ Have fun and listen to your body!



## ♥ AFTER YOU GET ACTIVE

- ✓ Check your blood glucose.
- ✓ You might need a snack.
- ✓ Drink water to rehydrate.
- ✓ Keep an eye on your levels later.
- ✓ Well done – you are amazing!



Every adventure is better when you plan ahead!  
You've got this!



## ★ TOP TIP ★

A happy hero listens to their body, stays prepared and enjoys every moment!



## ★ REMEMBER ★

- ✓ Plan ahead
- ✓ Stay safe
- ✓ Keep your supplies with you
- ✓ Listen to your body
- ✓ Most importantly – have fun!



**YOU ARE YOUR OWN SUPERHERO!**  
Stay prepared. Stay safe. Stay amazing!

