

# CWD UK - Holiday Check List for Pumpers

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**Holiday pump** enquire if your pump manufacturer or clinic has a holiday loan service, check at least one month in advance

## **Documents to carry:**

- Travel letters - confirming Type 1 and list of medications for customs
- Pump letter for security
- Prescription List
- Note of current pump settings
- Instructions to change back to injections in case of pump failure
- Sick day rules
- Insurance information
- Contact number for diabetes team and pump company

Prescriptions with original labels intact

Insulin Vials 2-3 times usual amount required, stored in hand luggage

Reservoirs

Cannulas

Batteries for pump

Tape or adhesives (e.g skin tac)

Blood glucose monitor plus an extra spare monitor, strips and batteries  
2 x finger pricker and lancets

Ketone meter and strips

Glucagon Emergency Kit (orange box)

Insulin pens, needles, and cartridges of long and short acting insulin in case of pump failure (all insulin in hand luggage)

Hypo treatments

Snacks in case of delay

Travel insurance and a European Health Insurance Card (EHIC) if you are travelling to a European Union member country

## Other items to consider:

- Sharps bin
- Acquapac to swim with pump
- Portable scales
- Park letter (to avoid queuing)
- Basic phrases in language of country you are travelling to
- Medical ID

Pump insurance - you can insure your pump for one month with [insurance4insulinpumps.co.uk](http://insurance4insulinpumps.co.uk) for around £7 (correct as of Aug 2014) and this will cover a loan pump too. Just don't forget to cancel the policy!

Let the airline know you are travelling, you may be permitted to carry an extra bag for supplies on top of your luggage allowance.

## If using CGM:

CGM transmitter, CGM charger, Glucose sensors, Insertion device for sensors

## Useful Contacts

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### Pump companies

Animas:	0800 055 6606
CellNovo:	+44 (0)20 3058 1250
Medtronic:	+44 (0)1923 205167
OmniPod:	+44 (0)844 856 7820
Roche Accu Chek:	0800 731 22 91

### Insulin Companies

Lilly:	01256 315999
Novo Nordisk:	0845 600 5055
Pfizer:	01304 616161
Sanofi-Aventis:	01483 505515
Wockhardt UK:	01978 661261

**Enjoy your trip!**

