

Date: _____

Traveller's name:

Date of birth:

File number:

To whom it may concern,

*****THIS LETTER HAS NO EXPIRATION DATE*****

This traveller is living with type 1 diabetes which is a permanent condition that causes life-long insulin deficiency. Insulin is a life-saving hormone that works to maintain normal blood sugar levels in the body. People with type 1 diabetes need insulin injections every day to manage their blood sugar levels. In addition, type 1 diabetes requires daily monitoring of blood sugar levels either through finger prick testing or continuous blood glucose monitoring. **The continuous blood glucose monitor is inserted under the skin and cannot be removed.** The diabetes team advises travellers to bring double the supplies they need in case of loss, theft or malfunction.

The supplies may include and must be stored in the carry-on:

- Blood glucose meter, lancing device, lancets, glucose and ketone strips
- Sensors for continuous glucose monitoring
- Insulin (**KEEP COOL**), insulin pens, insulin syringes, needles
- Sugar tablets, candies (skittles, rockets), juice, snacks
- Glucagon (a prescription medication to treat a severe low blood sugar)
- Sharps container
- Copy of travel insurance, all prescribed medication and insulin doses

DO NOT EXPOSE THE CONTINUOUS BLOOD GLUCOSE MONITORING DEVICE TO X-RAY'S, TOTAL BODY SCAN OR METAL DETECTORS (WALK-THROUGH OR HAND-HELD). X-rays and electromagnetic fields may affect the mechanical functioning of the device, causing serious risk to the traveller. The Canadian Air Transport Security Authority recommends that an individual wearing a continuous blood glucose monitor device should advise the security officers so that a physical search may be performed.

This letter also confirms that this traveller is safe to travel and lead a normal life. Should further information be required, please contact us at (514) 412-4436.

If changing time zone

Contact the diabetes nurses **2 weeks prior** to departure with the following information

- 1 week of blood sugar or upload the data from the continuous blood glucose monitor
- Flight itinerary

Example