

Traveling with Diabetes: A Packing Checklist

→ Travel Accessories

- Designated backpack or small carry bag
- Car cooler to keep insulin cool
- Frio pack for insulin
- Clear or small bag for back-up supplies
- Insulin case to hold small medical items

→ Pump/CGM Supplies

- Pump set pieces (cartridges, syringes, etc.) for each set change
- Pump set pieces for 2-3 extra set changes
- CGM sensors for each sensor change
- CGM sensors for 2-3 extra sensor changes
- Alcohol wipes for sanitation

→ Insulin/Pens/Needles

- Insulin vials
- Insulin pens (fast-acting)
- Insulin pens (long-lasting)
- Pen tip needles
- Syringes for manual injection
- Portable sharps containers for disposal

→ Blood Sugar Test Supplies

- Blood sugar meter
- Extra back-up meter
- Test strips (at least 2 full containers)
- Cotton rounds
- Lancing Device (at least 2 for back-up)
- Lancets
- Ketone strips
- Alcohol wipes for sanitation

→ Supplies to Treat Lows

- Glucagon shot/nasal spray (at least 2)
- Glucose tabs (several tubes)
- Snacks (peanut butter, crackers, drinks, protein shakes/bars, etc.)

→ Paperwork/Medical IDs

- Doctor's Letter
- ADA Guidelines
- Medical ID
- Endo's Contact Info