

# Diabetes Supplies Packing Checklist

Destination: \_\_\_\_\_ Time Zone & Hours Difference: \_\_\_\_\_  
Date Leave: \_\_\_\_\_ Date Return: \_\_\_\_\_  
Total Days: \_\_\_\_\_ Total Nights: \_\_\_\_\_  
Site Changes: \_\_\_\_\_ Total Units of Insulin Needed: \_\_\_\_\_  
Activities You Will Be Doing: \_\_\_\_\_

## Insulin

- ☐ Insulin Vials (quantity: \_\_\_\_\_)
- ☐ Insulin Pen - short acting (quantity: \_\_\_\_\_)
- ☐ Insulin Pen - long acting (quantity: \_\_\_\_\_)
- ☐ Syringes (quantity: \_\_\_\_\_)
- ☐ Pen Needles (quantity: \_\_\_\_\_)

## Pump and CGM Supplies

- ☐ Pods or infusions sets (quantity: \_\_\_\_\_)
- ☐ Reservoirs (quantity: \_\_\_\_\_)
- ☐ CGM sensors (quantity: \_\_\_\_\_)
- ☐ CGM Receiver/Reader

## Blood Sugar Management

- ☐ Glucometer (quantity: \_\_\_\_\_)
- ☐ Test Strips (quantity: \_\_\_\_\_)
- ☐ Lancets (quantity: \_\_\_\_\_)
- ☐ Ketone urine test strips or blood ketone meter
- ☐ Glucagon

## Misc.

- ☐ Alcohol swabs (quantity: \_\_\_\_\_)
- ☐ Adhesive tapes for pump and/or CGM (quantity: \_\_\_\_\_)
- ☐ Batteries (quantity: \_\_\_\_\_)
- ☐ Charging cords
- ☐ Glucose tabs or gels
- ☐ Small bag/pouch for carrying supplies with you once you reach your destination
- ☐ Emergency contacts, medical ID, doctor's note