

# 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