

T1D Packing Check-List

Whether you're packing up for your move to campus, or getting ready to go home for a visit, use this quick check list to make sure you have everything you need for the trip!

GENERAL DIABETES SUPPLIES:

- Syringes
- Pen needles
- Long-acting insulin vials/pens (with ice)
- Short-acting insulin vials/pens (with ice)
- Blood glucose meter, poker, and lancets
- Test strips
- Back-up meter in case of an emergency
- Ketone strips
- Alcohol wipes
- Sharps Container

TECH SUPPLIES

- Infusion sets with reservoirs and inserters
- Pump charging cord
- Transmitters and/or sensors
- CGM charging cord
- Extra batteries
- Patches/stickers
- Extra overlay tape

LOW SUPPLIES

- Portable snacks for between meals
- Low blood sugar treatments (buy in bulk)
- Emergency glucagon kit(s)

SICK DAY SUPPLIES

- Kleenex
- Over the counter meds for fever/cold
- Juice/sports drinks
- Cough drops
- Thermometer
- Clinic guidelines on managing glucose

IMPORTANT INFO

- Medical alert ID
- Health card and photo ID
- Important contacts and numbers form
- Personal blood sugar chart



T1D STUDENT TIPS

- If you are living away from home, be sure to always keep back up supplies in both locations in case you forget anything during your commute.
- Find out where the nearest grocery store is for when you need to restock on low supplies and snacks - they're usually cheaper than on-campus convenience stores!
- Always double check your list before leaving!