

List of Supplies for a Trip (insulin pump)

Before I leave, I make sure to bring enough supplies (ideally in duplicate) to face any possible unforeseen events on my trip.

I also make sure that I'm familiar with the precautions to take on sick days.

- ☐ Capillary blood sugar meter with test strips, lancing device, lancets and batteries (even if I'm leaving with a continuous glucose monitoring system)
- ☐ Continuous glucose monitoring system (if applicable) with spare sensors and transmitters (if needed)
- ☐ Insulin (+/- case to keep it cool if there is a risk of extremely high temperatures)
- ☐ Insulin pump (+ spare insulin pump) with infusion sets
- ☐ Needle cutter
- ☐ Emergency kit with syringes + insulin vial (or pen with insulin cartridges), batteries or spare cable, ketone body measurement device (+ test strips), enough quick-acting sugar to treat two hypoglycemic episodes, injectable or nasal glucagon
- ☐ Illness kit with medication for diarrhea, vomiting, motion sickness, etc.
- ☐ Snacks
- ☐ A medical ID (e.g., MedicAlert®).
- ☐ Other: _____

- ☐ Documents: My pump settings, pump back up plan in case of a problem with my pump, travel letter, list of medications and required supplies from my pharmacist, etc.