

## List of Supplies for a Trip (injections)

**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)
- Syringes or pen and pen needles
- Needle cutter
- Emergency kit with 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: \_\_\_\_\_  
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- 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.