
Travel Checklist

Plan ahead: It's a good idea to bring at least twice as much medication and testing materials than you would normally use

Don't assume you can find necessary supplies everywhere you travel.

- Medical Alert necklace, bracelet or identification card
- Glucometer, test strips and lancets
- Extra battery for meter or glucometer charging cable
- Insulin vials, pens or cartridges
- Appropriate sized syringes and/or pen needles
- Pump and sensor supplies, even if a site change is not expected during trip
- Glucagon kit
- Sugar to treat low blood sugar (juice, glucose tablets, glucose gel, etc.)
- Ketone testing supplies
- Bottled water
- Multiple air-tight packaged snacks
- Prescriptions for diabetes supplies and medications
- Travel letter from doctor's office
- First Aid Kit
- Emergency contact numbers: Parents, doctor's office, pharmacy, insurance company, etc.**

Parent(s) Name(s) and Phone Number: _____

My Diabetes Doctor: _____ Phone: 314-454-6051, 314-454-6000 (nights/weekends)

Outside the US, dial the local country's exit code (differs by country) then the US country code (1) before the number.

My Pharmacy and Phone Number: _____

My Insurance and Phone Number: _____

My Pump Company and Phone Number: _____
