*Type 1 Diabetes*

CRUISE PACKING CHECKLIST

## INSULIN

* Fast-acting insulin
* Long-acting insulin
* Syringes
* Pen needles
* Needle clip
* Ice pack/cooler/Frio bags
* Alcohol pads

## PUMP

* OmniPods (different lot numbers)
* Extra Omnipod controller
* Safety pin (screamer)
* Print pump settings in case of pump failure

## CGM

* Sensors (different lot numbers)
* Transmitter
* Receiver (backup in case phone is lost)
* Running belt

## BG TESTING

* Glucose meter
* Glucose test strips
* Lancer
* Lancets

## MAKING IT STICK

* SkinTac
* Vet Wrap
* Pump overpatch
* CGM overpatch
* Omnipod arm/leg band
* CGM arm/leg band
* Pump Overpatch Shield
* CGM Overpatch Shield

## LOW SUPPLIES

* Fast-acting sugar
* Glucose tabs
* Juice
* Beef jerky/protein bars

## SICK DAY

* Ketone blood meter
* Ketone blood strips
* Ketone Urine Strips
* Motion patch
* Motion sickness pills
* Ondansetron (anti-nausea prescription)
* Ginger
* Thermometer
* Imodium
* Fever reducer
* Band-Aids

## BATTERIES AND CHARGERS

* Glucose Meter batteries
* Ketone meter batteries
* Controller charger
* Receiver charger
* Phone charger
* Smart Watch charger
* Portable Charger
* Charging adapter

## EMERGENCY

* Baqsimi Nasal Spray
* Glucose gel/cake icing
* Endo contact information
* Medical record #

## SKIN

* Sunscreen
* Oil (adhesive removal)
* Aloe
* Aquaphor
* Hydrocortisone cream
* Bug spray
* Bug bite sucker

## WATER SUPPLIES

* Water backpack
* Controller water case
* Phone water case
* Water Shoes

## MISC

* Smart watch
* Smart watch charger
* Tiles
* Money/Cash ($0.25 and $1)
* Ziplock Bags
* Personal fan
* Cooling towels

## ID & DOCS

* Medical ID bracelet
* Label/tag the supply case and daily bag
* Tiles for devices/bags
* Passport
* Travel letter from Dr.
* Insurance Card
* Prescription labels/boxes