

# Daily Diabetes Kit Checklist

## Essential Monitoring Supplies

- Blood glucose (BG) meter
- Test strips
- Lancets
- Lancing device
- Alcohol wipes or hand sanitizer
- Log book for tracking BG numbers and meals/carbs

## Insulin and Insulin Delivery Supplies

- Insulin (vials or pens)
- Insulin pen needles or syringes
- Insulin pump infusion sets and reservoirs (if applicable)
- Travel sharps container or needle clip
- Pump supplies (pod or infusion sets/reservoirs)

## Hypoglycemia Management

- Fast-acting glucose (glucose tablets, gel, or glucose powder)
- Juice Pouch
- Small snack with protein and carbs (beef jerky, nuts, protein bar)
- Baqsimi

## Adhesive

- Overpatches (CGM, pump, or iPort)
- SkinTac Barrier Wipes

## Power Management

- Spare batteries for BG meter
- Phone charger

## Optional Items

- Air tag
- Contact information card (name, address, phone numbers)
- Tissues/wipes
- Band-Aids
- Safety Pen (for OmniPod screamers - punch speaker)
- Spare CGM