

My Diabetes Travel Packing Checklist

A reusable checklist for any trip - calculate what you need, pack your backups, and check everything off as you go.

Destination	_____	Total days away	_____
Departure date	_____	Return date	_____
Trip notes	_____		

Tip: Fill in the number of days first, then write your quantity needed for each item before you start packing.

Pump / Omnipod Supplies

Packed	Item	Qty Needed	Qty Packed / Notes
[]	Omnipods	_____	_____
[]	Backup Omnipod controller / handheld device	_____	_____
[]	Omnipod covers / patches	_____	_____
[]	Pump settings / basal settings saved	_____	_____

CGM / Dexcom Supplies

Packed	Item	Qty Needed	Qty Packed / Notes
[]	Dexcom sensors	_____	_____
[]	Sensor covers / overpatches	_____	_____

Insulin & Backup Injection Supplies

Packed	Item	Qty Needed	Qty Packed / Notes
[]	Current insulin vial / pen	_____	_____
[]	Extra vial(s) of insulin	_____	_____
[]	Long-acting backup insulin	_____	_____
[]	30-unit syringes	_____	_____
[]	Pen needles	_____	_____
[]	Cold pack / insulin cooling case	_____	_____

Blood Glucose Testing Supplies

Packed	Item	Qty Needed	Qty Packed / Notes
☐	Backup blood glucose meter	_____	_____
☐	Test strips	_____	_____
☐	Lancets	_____	_____
☐	Alcohol swabs	_____	_____

Emergency & Low Blood Sugar Supplies

Packed	Item	Qty Needed	Qty Packed / Notes
☐	Glucagon	_____	_____
☐	Glucose tablets	_____	_____
☐	Fruit snacks / Welch's Fruit Snacks	_____	_____
☐	Juice / Capri Sun pouches	_____	_____
☐	Other low snacks	_____	_____

Phone, Charging & Technology

Packed	Item	Qty Needed	Qty Packed / Notes
☐	External battery pack(s)	_____	_____
☐	Battery pack charging cord(s)	_____	_____
☐	Phone charging cord(s)	_____	_____
☐	Travel plug adapter(s), if needed	_____	_____

Medical Bag / Travel Documents

Packed	Item	Qty Needed	Qty Packed / Notes
☐	Dedicated medical backpack / medical bag	_____	_____
☐	Medical bag tag	_____	_____
☐	Copy of prescriptions	_____	_____
☐	Medication list	_____	_____
☐	Doctor / endocrinology contact information	_____	_____
☐	Insurance card / travel insurance information	_____	_____

Items I Need to Order or Buy

Ordered	Item	Qty	Notes
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			

Final Before-We-Leave Check

☐	Check expiration dates on insulin, glucagon, test strips, and other supplies
☐	Make sure meter and backup devices are working
☐	Charge phone, Omnipod controller, and external battery packs
☐	Confirm prescriptions / backup insulin are current
☐	Put medical bag tag on the medical backpack
☐	Keep essential medical supplies with you during travel