**Diabetes Supply Checklist**

**(Make sure you keep all of your diabetes supplies on hand)**

* Insulin(s)
* Oral medications if needed
* Pen needles and/or syringes
* Glucose meter and back-up meter
	+ Extra batteries for meter
	+ Can request cable/software to download meter
* Test strips
* Finger pricker
* Lancets
* Sharps container
* Ketone strips
* Alcohol wipes
* Glucagon kit(s)
* List of emergency phone numbers
	+ Parents or guardian’s numbers
	+ CHKD emergency number: 866-883-9886
	+ CHKD diabetes center number: 757-668-8609
	+ Number of closest hospital
	+ 911
* Copy of insurance cards
* Diabetes ID (medical alert bracelet or necklace)
* Glucose tablets, juice box, etc. for low blood sugars
* Snacks
* Other health supplies:
	+ Thermometer
	+ Tylenol, Motrin, Benadryl, cold/allergy meds, etc.
	+ First-aid kit, band aids, Neosporin, etc.
	+ Sugar-free cough drops
* If you are on an insulin pump, you need ALL of the above, plus:
	+ Sets/tubing or pods
	+ Tape/dressings if used
	+ IV prep, skin tac, unisolve, detachol, etc. if used
	+ Reservoir or cartridges
	+ Record of current pump settings
	+ Pump manual/contact numbers for pump’s customer service
	+ Extra batteries
	+ Can request cable/software to download pump
	+ List of phone numbers for pump supply provider and know how to order if getting low on your supplies