

# T1D College Packing List



In addition to the “standard” college packing list, you need a diabetes-specific list!

Stock up on supplies that will last you at least three to four months. Plan big hauls when you’re going to visit home or are on academic breaks. For monthly prescriptions — like insulin or test strips — see if you can sign up for refills through a mail-order pharmacy so you never run out! In the meantime, it’s important to keep your essentials fully loaded!

Here are some common diabetes supplies, medications, and extras that should be on your list ↓



- Insulin (refrigerated) both long and short-acting vials or pens
- Extra meter in case of emergencies
- Batteries for meters and pumps
- Infusion sets (for insulin pump), reservoirs and inserters
- CGM or insulin pump charging cords
- Adhesive wipes or patches
- Medical ID: bracelet, ID card, sticker inside backpack, etc.
- Snacks: granola bars, crackers, etc.
- Kid-size candies with at least 15g of carbs: Starbursts, etc.
- Comfortable shoes for walking around campus to protect your feet
- First aid kit
- Emergency contact list to distribute
- Your endocrinologist and/or primary care provider’s phone number: store your medical team’s information in your phone or carry their cards with you in your purse or backpack.
- Over-the-counter items for a sick day: Ibuprofen, Aspirin, Benadryl, Dayquil, Nyquil, cough drops, thermometer, tissues, water bottles or electrolyte drink
- Blood glucose meter, test strips and finger piker
- Syringes, pen needles and lancets
- Emergency glucagon kits - like one of the newer and easy-to-use nasal or quick-pen versions
- Continuous glucose monitors (CGM), transmitters and sensors
- Alcohol pads
- Ketone strips
- Other medications you take
- Low blood sugar supplies: Juice boxes, glucose tablets, glucose gel, gummy candies, etc. **Buy in bulk!**
- Compression socks for long days in the classroom
- Full-size and travel-size Kleenex boxes
- Health insurance card



## Storage for Supplies

- Mini fridge
- Ice packs or Frio cases for insulin pens/vials - these are especially helpful in the heat!
- Rolling drawers or hanging shelves
- Washi tape (colored tape) and markers for labeling

