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
- **Blood glucose meter, test strips and finger poke**
- **Extra meter in case of emergencies**
- **Syringes, pen needles and lancets**
- **Batteries for meters and pumps**
- **Emergency glucagon kits - like one of the newer and easy-to-use nasal or quick-pen versions**
- **Infusion sets (for insulin pump), reservoirs and inserters**
- **Continuous glucose monitors (CGM), transmitters and sensors**
- **CGM or insulin pump charging cords**
- **Alcohol pads**
- **Adhesive wipes or patches**
- **Ketone strips**
- **Medical ID: bracelet, ID card, sticker inside backpack, etc.**
- **Other medications you take**
- **Snacks: granola bars, crackers, etc.**
- **Low blood sugar supplies: Juice boxes, glucose tablets, glucose gel, gummy candies, etc. Buy in bulk!**
- **Compression socks for long days in the classroom**
- **Comfortable shoes for walking around campus to protect your feet**
- **Full-size and travel-size Kleenex boxes**
- **First aid kit**
- **Health insurance card**
- **Emergency contact list to distribute**

**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**

**T1D College Packing List**