

Insulin and CGM Travel Supplies Checklist

Organize medication lists, diabetes supply notes, clinician and pharmacy contacts, device contacts, and travel companion notes.

Person and emergency contacts

Name / preferred name
 Date of birth
 Emergency contact 1
 Emergency contact 2
 Travel companion
 Caregiver / school contact

Diabetes care and pharmacy contacts

Diabetes clinician
 Primary care
 Pharmacy
 Device / supply contact
 Insurance or document location if safe
 Patient portal or record location

Medication and supply organization

☐ Medication list location
☐ Insulin / diabetes medication label location
☐ CGM supplies / sensor / transmitter notes
☐ Meter / strips / charger notes
☐ Prescription copy location
☐ Allergy list location
 Other travel supply notes

Handoff notes

Who can confirm current medication and supply list
 Where fuller clinician or pharmacy records are kept
 Travel companion or caregiver notes
 Do not write dosing, storage, or CGM interpretation instructions here
 Last updated by / date

Important note

Organization and preparedness only. Not medical advice. Does not replace 911, EMS, clinicians, medical records, medication labels, insulin instructions, CGM instructions, device manuals, pharmacy guidance, travel rules, care plans, patient portals, or professional guidance.

