

J7 DM packing checklist

Within Hours of Leaving

- Short acting insulin
- Long acting insulin
- Frio, Vivi Cap, or insulin cooler
- Additional medication (thyroid, etc.)

Supplies

- CGM sensors
- Pump supplies
- Extra batteries
- Pump charger
- Meter
- Test strips
- Lancets
- Insulin syringes
- Glucagon
- Alcohol swabs
- Adhesive- Tegaderm, Skin Grip, or SkinTac
- Medical ID jewelry
- Water bottle to stay hydrated

Consumables

- Low snacks-juice boxes & glucose tabs
- Vitamins to support stress, immune system, and insulin sensitivity
- Electrolyte powder to support dehydration from travel
- Sleep support (plays huge role in blood sugar control)-eye mask, ear plugs, sleepy time tea, melatonin
- "Plan B" foods if there are few options on the road or in the airport (produce, protein, real food bars, nuts/seeds, etc.)

Other Kel Favorites

- Packing cubes
- Fanny pack or purse
- Hat
- Sunglasses (Blenders are my favorite)
- Protein powder sachets
- Supplement organizer
- If interested, download a few workouts on your phone before you travel. This can be done on the Peloton app (~\$12.99) for short 20 to 30 minute yoga sessions, outdoor runs, and bodyweight workouts.