

Travel Check list
Insulin Cartridges
Spare insulin pen
Cool bag for storing insulin whilst travelling
BG/ Ketone meter and spare batteries
Test strips BG and Ketone (check exp date)
Lancets for Fastclix
Spare sensors and transmitter for Libre/Dexcom
Needles
Sharps box
Scales
Hypo treatments
Glucagon (check date)
Carbs and Cals book/app
Hospital numbers
Hospital/NHS no
List of prescriptions from chemist