

Want to travel with less stress?

Make it happen with your diabetes go-bag

What is a diabetes go-bag?

A diabetes go-bag has everything that you need for a weekend trip. It has your basics and backups for 3 days, and all the little stuff that you use on a daily or weekly basis. This means that when I want to go away for a few days all I need to do is add some insulin from the fridge and I'm ready to go.

Your personal list will probably be a bit different, since everyone's diabetes is a little bit different. This list is based on using a Tandem t:slim insulin pump and a Dexcom G6 CGM, and traveling to places where temperature isn't a major concern. This is meant to be a starting point, rather than a one size fits all solution.

Basics

- ☐ BG meter and test strips
- ☐ Ketone meter and test strips
- ☐ Extra batteries for both meters
- ☐ Lancet device and 15 lancets
- ☐ 5 syringes
- ☐ 10-15 pen needles

Pump and CGM supplies

- ☐ 3 Infusion sets/cartridges/syringes
- ☐ 2 Dexcom sensors
- ☐ Dexcom transmitter

Prescriptions

- ☐ Insulin vial (with Vial Safe protector)
- ☐ Long-acting pen
- ☐ Short-acting pen
- ☐ Glucagon
- ☐ Oral Prescriptions

Other

- ☐ Glucose tablets
- ☐ SkinTac adhesive wipes
- ☐ TacAway adhesive remover wipes
- ☐ Alcohol wipes
- ☐ Dexcom overpatches
- ☐ Simpach adhesive patches
- ☐ Frio Cooling Pouch - Mini
- ☐ Needle Clipper
- ☐ Govee temperature sensor
- ☐ Apple AirTag
- ☐ Doctor's Letter
- ☐ Extra cover for pump power port

If I'm going somewhere where I need more insulin I use the 4AllFamily Voyager Medication Cooler that acts as a cooler and a fridge

More about a diabetes go-bag

What type of bag is best?

I use a travel shoe protector from REI, it's the right size with an interior and exterior zip close pocket to help me keep it more organized (current version of the [REI packing cube](#)). I know a lot of diabetics that use bigger tech organizer bags with different pockets, but for me I've always found them to be too heavy. Instead, I opt for a lighter bag and use various sizes of [small ziplock bags](#) to keep everything organized.

Outside of the go bag?

In addition to my go bag, I always have my daily kit which includes a vial of insulin (in a Vial Safe protector), a BG meter, test strips, a lancet device, extra lancets, one infusion set/cartridge/syringe, glucose tablets, and glucagon. In my backpack I will also have extra food such as granola bars and almond butter, and some quick sugar that isn't a glucose tablet, such as fruit snacks or sour patch kids.

Packing Mantra

I always try to remember that I can only do my best and that I will inevitably forget something. I triple check all of the things I can't buy, like infusion sets and dexcom sensors and remind myself that grocery stores and pharmacies exist at my destination -- unless I'm going to the jungle, but that's a different packing list 😊