

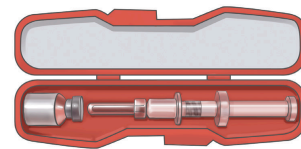
Diabetes Kit and Snacks Checklist

Cut out this checklist and keep it in your kit.



Diabetes Kit Checklist

- ☐ Blood sugar meter
- ☐ Test strips
- ☐ Lancets and lancing device
- ☐ Needles and/or syringes
- ☐ Insulin (pens, vial)
- ☐ Alcohol swabs
- ☐ Glucose tablets or fast-acting carbohydrate to treat lows
- ☐ Snacks
- ☐ Glucagon



Extra snacks for exercise:

- ☐ 1 serving of a sugary snack or beverage
- ☐ 3 to 4 glucose tablets
- ☐ 1 serving of glucose gel
- ☐ 1 tablespoon honey or sugar
- ☐ 4 fluid ounces of fruit juice or regular soda
- ☐ 5 to 6 pieces of hard candy

☐ **My favorite carbohydrates or snacks to sustain or maintain blood sugar during activity:** _____