



Diabetes Checklist: College Bound

1. Health & Safety Prep

- ☐ Notify the campus health center and disability services about your child's diabetes
- ☐ Set up access to medical care near campus
- ☐ Create a personal diabetes management plan tailored for college life
- ☐ Make sure roommates and close friends know how to recognize and respond to low or high blood sugar
- ☐ Ensure they wear a medical ID

2. Supplies & Prescriptions

- ☐ Pack at least one month's worth of diabetes supplies (plus extras in case of delays)
- ☐ Have prescriptions transferred to a local pharmacy
- ☐ Include backup batteries, chargers, and pump/CGM supplies
- ☐ Glucagon or other emergency medication

3. Food & Lifestyle

- ☐ Review dining hall options and carb-counting resources
- ☐ Stock dorm with fast-acting sugar, healthy snacks, and water
- ☐ Talk about balancing late nights, stress, exercise, and alcohol with blood sugar management

4. Independence Skills

- ☐ Practice making medical appointments
- ☐ Understand insurance coverage and how to refill prescriptions
- ☐ Know what to do if they're feeling unwell or need help on campus
- ☐ Encourage using health apps or reminders for tracking blood sugar and medications