Back to School:
Diabetes Checklist

1. Emergency Contacts

- ☐ Parent(s) or guardian(s) with phone numbers
- ☐ Backup emergency contact (relative or trusted friend)
- ☐ Primary care doctor and diabetes specialist contact info

2. Medical & Diagnosis Information

- ☐ Written diabetes management plan (Individualized Healthcare Plan or 504 Plan)
- ☐ Date of diabetes diagnosis
- ☐ Type of diabetes (Type 1 or Type 2)
- ☐ Usual insulin and medication details
- ☐ Typical symptoms of high and low blood sugar for your child
- ☐ Blood sugar target range

3. Supplies to Send

- ☐ Glucose meter or CGM (if used), with instructions
- ☐ Test strips and lancets
- ☐ Insulin and delivery method (pens, syringes, or pump supplies)
- ☐ Glucagon emergency kit
- ☐ Fast-acting sugar (juice boxes, glucose tablets, small candies)
- ☐ Snacks and carb-counted lunch items
- ☐ Water bottle

4. Action Plans

- ☐ What to do for low blood sugar (hypoglycemia)
- ☐ What to do for high blood sugar (hyperglycemia)
- ☐ Steps to take in case of emergency (including calling 911 if needed)
- ☐ Instructions for substitute teachers or school bus drivers

Parent's Signature: _____

Parent's Printed Name: _____

Date: _____