



## Checklist: College Sick Day Kit

### Medicines & Supplies

- Acetaminophen (May affect CGM)
- Ibuprofen
- Ondansetron
  - RX for Nausea/Vomiting
- Ketone Strips**
  - Blood strips**
    - Better for dorm living
  - Urine strips**
    - Check expiration dates
- Anti-diarrheal
- Cold medicines (appropriate for T1)
- Cough Medicine (appropriate for T1)
- Neosporin
- Band aids
- Thermometer
- Batteries
- Tissues

### Sick Day Food Stash

- Non-carbonated drinks
  - Pedialyte
  - G2
  - Powdered drinks
  - Bottled water
  - 7 Up/Ginger Ale
- Crackers
- Packaged soup
- Protein/Granola Bars
- Fast acting carbs



**T1TG Tool: "Sick Day Kit"** available @ [www.Type1ToGo.com](http://www.Type1ToGo.com)

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Always consult your doctor for medical advice.

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