

Checklist: College Sick Day Kit

Medicines & Supplies

- Glucagon
- Acetaminophen (May affect CGM)
- Ibuprofen
- RX for Nausea/Vomiting
 - Always have this on hand!
- 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

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Always consult your doctor for medical advice. (updated 7/11/17)

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