

Essential Supplies

Keeping prescriptions filled and supplies organized prevents emergencies.

Prediabetes: The goal is prevention, tracking, and lifestyle adjustment to support healthy sugars.

- **Tracking:** A glucose meter, test strips, and lancets. Periodic checking helps you see how meals and exercise affect your numbers.
- **Logbook:** A notebook or app to log numbers, food and physical activity to identify trends.
- **Foot / Skin Care:** Moisturizing lotion/mirror to inspect feet.

Type 1 Diabetes: Because the body doesn't make insulin, focus is on dosing, tracking, and backups.

- **Insulin:** Long-acting, rapid-acting insulin (vials, pens, or insulin pump).
- **Delivery:** Syringes, pen needles, or pump, reservoirs, infusion sets/pods.
- **Tracking:** A CGM or a glucose meter with test strips.
- **Skin & Testing Prep:** Lancets, a lancing device, and alcohol wipes.
- **Safety & Emergencies:** Fast-acting glucose, a glucagon kit, and ketone test strips (to check for illness).

Type 2 Diabetes: Focus is on monitoring how your body responds to lifestyle, medications, or insulin.

- **Tracking:** A glucose meter, test strips, a lancing device with lancets.
- **Medication:** Oral medications, non-insulin injectables, or insulin supplies (Metformin, prescribed pills or other as prescribed by your doctor).
- **Skin Care:** Alcohol wipes
- **Emergency Stash:** Fast-acting glucose tablets, juices, or hard candies to quickly treat unexpected lows.

Quick Management Habits

- **7-Day Rule:** Reorder refills when you open your last box or vial, not when you run out.
- **Expiration Dates:** Check your glucagon and test strips twice a year to ensure they aren't expired.
- **Travel Bag:** Keep extra 3 days of supplies in a go bag that goes where you do. (batteries, pump supplies, insulin, sugar tabs, meter, injectables, chargers, test strips etc).