Beach Day Checklist

- ☐ Insulin
- ☐ Insulin pump extra sites
- □ Waterproof tape
- □ Syringes
- ☐ Meter
- ☐ Test strips
- ☐ Alcohol wipes
- ☐ Waterproof box, bag or Frio cooling pouch

- ☐ Low blood sugar snacks: Juice, fruit snacks, tabs
- □ Snacks
- □ Water
- ☐ Sunscreen
- ☐ Glucagon

