



Ski Trip with Type 1 Diabetes

PACKING LIST



Ski/Snowboard Clothing

- Ski Socks (multiple pairs)
- Waterproof Jacket
- Ski pants
- Base layer top
- Base layer bottom
- Under layer/fleece
- Face mask/ buff
- Gloves/Mittens

Ski/Snowboard Gear

- Helmet
- Goggles
- Ski boots
- Skis
- Poles
- Sunglasses (optional)
- Extra goggles or lenses (optional)
- Warm hat

Apres Ski

- Cozy Sweater
- Comfy after ski pants
- Fuzzy socks and/or slippers
- Snow boots
- Swim suit
- Sleep wear
- Undergarments (sports bras)
- Hat/beanie/gloves

Toiletries

- Sunscreen
- Lip balm (+SPF)
- Toothbrush, toothpaste, floss
- Hairbrush
- Deoderant
- Lotion
- Shampoo/conditioner
- nail clippers

Diabetes Supplies

- Glucose/Gels
- Insulin (vials or pens)
- Alcohol swabs (at least 10)
- Glucometer (ideally a small one)
- Pump supplies + 3-4 extra
- Test strips
- Syringes or pen needles (backup)
- CGM supplies + 2 extra

Miscellaneous

- Ski pass
- Headphones
- Chargers
- First Aid Kit
- Books/Games
- Extra batteries
- Water bottles
- Toe & Hand warmers (optional)

