ICD TRAVEL ESSENTIALS

I Challenge Diabetes

GEAR:

- [ ] 40-50+ Litre Backpack
- [ ] Rain cover
- [ ] Sleeping Bag
- [ ] Sleeping pad
- [ ] Water bottle x2
- [ ] Flashlight & batteries
- [ ] Spare batteries
- [ ] Reusable Face Mask x 3

DIABETES SUPPLIES

- [ ] Pump + Back up Pump
- [ ] Pump Sites x 6
- [ ] Reservoirs x 4
- [ ] Syringes - min 1/day
- [ ] Pen Tips - min 4/day
- [ ] Insulin Pens
- [ ] Insulin
- [ ] Glucose Meter x 2
- [ ] Test Strips - min 150
- [ ] Lancets - min 1/day
- [ ] Batteries for pump x 2
- [ ] Glucagon
- [ ] Low supplies x 800 g
- [ ] Sensors x 3
- [ ] Tape for sites

CLOTHES

- [ ] Light Footwear
- [ ] Hiking Boots
- [ ] Socks x2
- [ ] Quick-Dry Pants
- [ ] Shorts x 2
- [ ] Rain Pants & Jackets
- [ ] Long Sleeved Shirt
- [ ] T-shirts X3
- [ ] Underwear x4
- [ ] Sports Bra x 2
- [ ] Toque
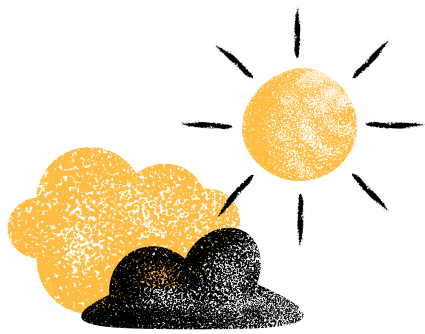- [ ] Sun Hat
- [ ] Comfortable clothes

TOILETRIES:

- [ ] Medications
- [ ] Toothbrush, toothpaste & floss
- [ ] Sunscreen & Lip Balm (Spf 30+)
- [ ] Ear Plugs
- [ ] Feminine Hygiene Products

MISCELLANEOUS:

- [ ] Ziplock Bag x 5
- [ ] Garbage Bag x 2
- [ ] Glasses/ contacts
- [ ] Sun Glasses
- [ ] Spare Money/ ID

OPTIONAL:

- [ ] Camera/Phone Charger
- [ ] Towel
- [ ] Belt
- [ ] Pocket Knife - checked luggage!
- [ ] Stuff Sacks

ICD ADVENTURE GEAR TIPS

Footwear:

- Pack synthetic and wool socks to layer

- Hiking Footwear should be waterproof, medium weight, off trail back packing style

- Light Footwear should be closed toe and foladable for pack-ability

Weather:

- Pack a sunscreen with broad spectrum SPF 30+ (travel size)

- Lip Balm with SPF 15+

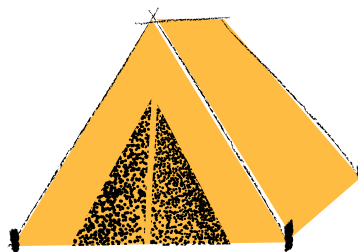- Rain gear needs to be waterproof (not water resistant)

Clothing:

- Pack Layers

- Synthetic Materials are best for all clothing items.

- Cotton is okay for underwear if prone to yeast infections or Urinary infection

- Hats should have a wide brim

Backpacks:

- 50+ litres backpacks are ideal for multi-day trips

- Should have an internal frame + be adjustable

- Be able to fit all contents of packing list, group gear, and food

Sleeping Comfort:

- Sleeping Bag should be synthetic with compression sack

- Sleeping Bag should be rated as low as -5c

- Sleep pad should be compact and lightweight

Adventure Extras:

- Protect your devices with a waterproof case

- Chargers should also be portable

- Ensure documents are approved by applicable airline if travelling by air

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