

Your Diabetes Emergency Kit Checklist

Being Prepared for Emergencies

Managing diabetes can be more challenging during an emergency such as a:

- major storm
- loss of electricity
- need to leave (evacuate) your home.

Making a plan and putting together an emergency kit will help you be prepared to manage your diabetes when an emergency occurs.

Choose an easy-to-carry waterproof bag or container to store the items in your kit.

Information to Keep in Your Kit

Keep the following information in your emergency kit:

- the type of diabetes you have
- a list of each of the following:
 - other medical problems (conditions)
 - allergies
 - any surgeries you've had
 - current medicines (prescription, over-the-counter, herbals, vitamins and other supplements) with the dose and time you take them
 - medicines for diabetes you've taken in the past

- your pharmacy information:
 - name
 - address
 - phone number
- your health care provider's information:
 - name
 - address
 - phone number
- your insulin pump or continuous glucose monitor information:
 - make
 - model
 - serial number
 - manufacturer's phone number
- phone numbers and email addresses for your family, friends and a work contact
- copy of the results of your most recent lab work (including A1c)
- copy of your health insurance card
- copy of your photo identification (ID) card.

Supplies to Keep in Your Kit

Keep the following supplies in your emergency kit:

- at least a 1-week supply of all of your medicines (including insulin and glucagon, if prescribed)

(over)

- supplies to check your blood glucose:
 - meter
 - testing strips
 - lancets
 - extra batteries
- extra supplies for your insulin pump or continuous glucose monitor
- cooler and reusable cold packs
 - Do **not** use dry ice.
 - Do **not** freeze your medicine.
- empty plastic bottle or sharps container to safely carry syringes, needles and lancets
- items to treat high blood glucose such as:
 - pump supplies
 - syringes
- items to treat low blood glucose such as:
 - juice
 - regular soda
 - honey
 - regular hard candy
 - glucose tabs
 - glucagon
- at least a 2-day supply of ready-to-eat foods such as:
 - canned tuna or tuna in a pouch
 - canned beans
 - crackers
 - nuts or nut butters
 - high-fiber or high-protein bars
 - dried fruit

- at least a 3-day supply of bottled water
- pen or pencil and a notepad to write down blood glucose numbers or signs and symptoms
- first aid supplies such as:
 - bandages
 - cotton swabs
 - antibiotic ointments
- extra clothing
- cell phone charger
- insulin pump charger
- flashlight and extra batteries
- cash.

For More Information

For more information about managing your diabetes during an emergency, talk with your health care provider or visit one or more of the following websites.

- **American Diabetes Association**
diabetes.org
- **American Red Cross**
redcross.org
- **Diabetes Disaster Response Coalition**
diabetesdisasterresponse.org