

Emergency Preparedness

Packing checklist

Medicines

- Long-acting insulin (i.e. Lantus, Basaglar) including as backup insulin
- Rapid-acting insulin (i.e. Humalog/Novolog)
- Anti-nausea medicine (if prescribed by provider)
- Glucagon kit
- All other prescription medicines

Diabetes supplies

- Glucose meter, batteries, test strips and lancets
- Ketone test strips
- Non-perishable food and beverages
- Syringes or pen needles and container for sharps disposal
- Alcohol wipes
- Manual can opener if packing canned food
- Glucose tablets or other non-perishable fast-acting carbohydrates

Pump and continuous glucose monitoring (CGM) supplies

- If pump user - insulin pump supplies and backup insulin
- If CGM user - CGM supplies, backup meter and testing supplies
- Batteries and charger. Consider a portable charger if your pump/CGM has a rechargeable battery

Documents in waterproof bag

- Diabetes clinic and pharmacy contact information
- List of diabetes supplies
- Emergency contact information for family or friends
- List of prescription medicines (with dosages or pump settings)
- Health insurance and prescription cards

Note

You should have at least **2 weeks of supplies**.

Tip:

Store insulin in a waterproof cooler or cooling pack (i.e. FRIO Pack®)

Additional resources:

For more information on diabetes emergency preparedness, visit:

American Diabetes Association
diabetes.org

Juvenile Diabetes Research Foundation
jdrf.org

Federal Emergency Management Agency (FEMA)
fema.gov

Red Cross
redcross.org

Diabetes Line
832-822-3670



YADP
Young Adult Diabetes Program



This program is supported by a generous grant from MD Anderson Foundation.

© 2023 Texas Children's Hospital. All rights reserved. DIAB-5686-23

