

Disaster Preparation Emergency Checklist

Diabetes Supplies (at least two weeks' worth)

Store the following in a waterproof, insulated bag:

- Printed copy of all prescriptions
- Printed copy of health insurance card
- Emergency contact information
- Record of basal rates, insulin-to-carbohydrate ratios, and insulin sensitivity factor (a calculation of how much one unit of insulin lowers your blood glucose levels)
- Insulin
- Syringes
- Prescription and over-the-counter medicines
- Extra blood glucose monitor
- Test strips
- Lancets
- Insulin pump and/or CGM supplies (if needed)
- Glucose tablets or other fast-acting carbohydrates for treating hypoglycemia
- Extra device batteries
- Glucagon kit
- Ketone strips
- Non-perishable foodstuffs (e.g., juice boxes, peanut butter, canned foods, crackers, shelf-stable milk)

General Supplies*

- First aid kit
- Flashlights (with extra batteries)
- Blankets
- Battery-operated cell phone charger (with extra batteries)
- Potable drinking water (bottled or stored; in case of contamination or well failure)
- Water for washing, toilet flushing, etc. (if you depend on well water powered by an electric pump)
- Sturdy boots and gloves (for post-storm clean up protection)

Last-Minute Tips

When you have advance warning of a potential natural disaster or weather event:

- Charge up all cell phones.
- Put a full tank of gas into your car.
- Stock up on nonperishable food and water.
- Secure your property.
- Disengage electric garage door openers so you have access to your garage in a power outage.
- Get extra batteries, generator gas, and cooking or heating propane as necessary.