



Disaster Preparedness

Below are the minimum suggested items to keep on hand, and ready to go in case of an emergency. Expect the best but prepare for the worst!

Medications

- Insulin, 30-day supply
- Oral meds, 30-day supply
- Gvoke (injectable hypoglycemia medication)

Equipment

- Chargers for any electronics, power bank, backup batteries
- CGM, sensors, transmitter, 30-day supply
- Insulin storage to prevent breaking, freezing, overheating
 - 4x freezable ice packs, DO NOT use dry ice
- Glucometer, test strips, finger stick device
- Pens, pen needles (pens are great backup supplies even for pumpers due to ease of use)
- Pumps, related supplies, 30-day supply
- Syringes

Food

- Long lasting foods, bars, nuts, and preserves
- Water and electrolytes
- Ways to treat/prevent lows:
 - Gel packs (Clif, Gu, etc.)
 - Glucagon
 - Juice, cola, gummies

Miscellaneous

- Ways to keep insulin cool
- Grab and go kit
- Phone numbers for Dr., insurance, police, fire department
- Transportation, fuel, outdoors gear
- Full list of medications, conditions, and most recent lab results
- First aid kit, band-aids, peroxide, alcohol wipes
- Vaccines like tetanus up to date
- Extra socks, undergarments, comfortable shoes, and clothing
- Protection from elements (sunscreen, umbrellas, etc.)
- Camping equipment
- Designated meeting place in case you are separated from your loved ones