

# 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.



\*Check with your local Red Cross chapter about other recommended emergency supplies for your region. You can also visit the Federal Emergency Management Agency (FEMA) for more disaster preparation information at [www.fema.gov](http://www.fema.gov).