

+ BUILD YOUR GO KIT

Use this handy checklist to create your in-case-of-emergency supply box.



- Three-day supply of water (*1 gallon of water per person per day*)
- Three-day supply of food (*such as meal replacement bars and tuna pouches; if you're packing cans, include a manual opener*)
- Fourteen- to 30-day supply of your medications
- Gel packs or Frio case for medications that need refrigeration
- Glucose meter, extra batteries, test strips, and lancets
- Sources of fast-acting glucose (*such as glucose tablets, gels, or drinks*)
- Glucagon kit, if prescribed by your doctor
- Ketone test strips
- Sharps container for used needles, syringes, and lancets
- Backup supplies for your insulin pump and continuous glucose monitor (CGM)
- Alcohol swabs (*use before blood glucose checks if you can't wash your hands*)
- Pen and notepad to record blood glucose readings and track symptoms
- Personal care items (*such as soap, toothbrushes and toothpaste, baby wipes, contact lenses, and glasses*)
- First aid supplies (*adhesive bandages, ointment, etc.*)
- Emergency blanket and a loud whistle (*to help rescuers locate you*)
- Flashlight, battery-powered radio, extra batteries, extra cell phone charger
- Emergency contact list (*including family members, health care providers, and your pharmacy*)
- List of your medications (*names and doses*)
- Letter from your doctor detailing your condition and what you need to manage it
- Most recent laboratory test results (*such as A1C and kidney and liver function; if your results are in a patient portal, it doesn't hurt to jot down your password, but don't count on being able to access it during an emergency*)
- Copy of your health insurance card
- Change of clothes, especially underwear
- Comfortable walking shoes and a change of socks
- An extra set of your house and car keys
- Extra cash

