

Diabetes Emergency Plan Checklist

Use the following list as a starting point to prepare your own personalized emergency preparedness kit.

DIABETES SUPPLIES (2 WEEKS' WORTH)	
	Medication – note expiry dates and rotate as needed
	Blood glucose monitor
	Test strips and lancets
	Continuous glucose monitor and sensors
	Portable insulin and medication cooler
	Syringes and/or needle tips
	Insulin pump supplies
	Record of basal rates, insulin-to-carbohydrate ratio and insulin sensitivity factor (if needed)
	Fast-acting carbohydrate, such as glucose tablets or Life Savers®
	Glucagon (to treat severe hypoglycemia)
	Backup batteries for blood glucose meter
	Ketone strips
	Serial numbers and model information for any devices that you use

IMPORTANT INFORMATION	
	Printed list of all prescriptions or list of current medications
	Printed list of any medication allergies
	Healthcare team and pharmacist phone numbers
	Copies of your driver's licence and health insurance cards
	Your emergency contact's information

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BASIC SUPPLIES

	Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
	Food that won't spoil, such as canned and dried foods, and energy bars (replace food and water once a year)
	Manual can opener
	Flashlight (and extra batteries); replace batteries once a year
	Battery-powered radio (and extra batteries)
	First aid kit
	Extra keys to your car and house
	A copy of your emergency plan and contact information

<https://www.diabetescarecommunity.ca/>