Prepare a portable, insulated and waterproof diabetes emergency kit that contains the following items:

☐ List of the following information:
  - Type of diabetes
  - All of your medical conditions, allergies and prior surgeries
  - All medications (include pharmacy contact information, active prescription information and eligible refills)
  - Previous diabetes medications and reason for discontinuation
  - Contact information for all your healthcare professionals and for at least two emergency contacts

☐ Letter from your diabetes healthcare professionals with most recent diabetes medication regimen (especially if taking insulin), health insurance card, living will, healthcare power of attorney, etc.

☐ Most recent laboratory results (especially A1C, kidney and liver tests)

☐ If possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
  - Include insulin and severe hypoglycemia emergency therapy (e.g., glucagon - any delivery method) – if prescribed (always check expiration date)

☐ Blood glucose testing supplies including, if possible, 2 glucose meters with extra batteries

☐ A cooler with room for 4 re-freezable gel packs, insulin and unused injectable medications to be added when ready to go
  - Note: Do not use dry ice and avoid freezing the medication

☐ Empty plastic bottles or sharps container for syringes, needles and lancets

☐ Source of carbohydrate to treat hypoglycemic reactions (for example, glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)

☐ A 2-day supply of nonperishable food (for example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)

☐ At least a 3-day supply of bottled water

☐ Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems

☐ First aid supplies such as bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)

Other recommendations:

☐ Wear shoes and socks while awake and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition

☐ Make sure that all vaccinations, including tetanus, are up-to-date

☐ Pack extra comfortable clothing, including undergarments

☐ Take a mobile phone with an extra charger or extra batteries for you and family members

☐ Choose a designated meeting place in case you are separated from your family and/or significant others and are unable to reach them by phone