

Emergency

Diabetes and Other Supplies to Pack

- Additional week supply (or more) of all medications
- Protect your insulin pump from water
- Supplies to check your blood sugar
- Extra supplies for insulin pump or CGM
- Make sure you safely carry syringes, needles and lancets
- Items to treat high and low blood sugar
- 2-day supply of non-perishable ready-to-go food
- Record blood sugar, other test results and any new signs/symptoms
- Make sure that all your vaccinations are up-to-date
- Choose a meeting place with your family
- For children, write down name of school, address and phone number

