

be ready to go!

A natural disaster can pose many problems, and when you live with diabetes, planning and gathering supplies before disaster strikes can ease challenges afterward. At minimum, include a three-day supply of necessities in your bag. Depending on the type of disaster you're prepping for, you might need more.

- A complete list of all your current prescriptions and over-the-counter medications
- Your dosing regimen (in case others need to give your medicines to you)
- Contact information for all your health care providers, especially your primary care doctor, endocrinologist, and certified diabetes educator
- Extra insulin (short-acting and long-acting)
- Extra syringes
- Glucose meter
- Test strips
- Lancets
- Extra lancing devices
- Ample supply of batteries (AA, AAA, and any special sizes needed for supplies)
- Glucagon kit
- Ketone strips (individually wrapped ones last longer)
- Alcohol wipes
- Glucose tablets or gel
- Juice boxes
- Antacids
- Complex carb sources, such as crackers with peanut butter, to help stabilize blood glucose
- Several filled water bottles
- Non-aspirin pain reliever; stress can cause headaches and blood glucose to rise
- Anti-diarrhea medication
- Antibiotic ointment
- Bandages
- Tissues
- Hand sanitizer
- Calorie- and carb-counter book
- Travel-size sharps container

If you also wear other devices, such as a continuous glucose monitor, you will need to add these to your go bag:

- For pump users: extra infusion sets and reservoirs
- For CGM users: extra sensor and charging cord for sensor receiver
- Adhesives
- Adhesive removers