



## Diabetes “Be Ready” Packing List

It is important that you are always prepared and ready to care for your diabetes whether you are at home, at school, at a family or friend's home, on vacation or if you are ill. You should have a “Go Bag” you always carry with you. In addition, it is important that you have supplies at home for when you are ill or a plan in case of a natural disaster (i.e. power outage, severe storms, tornados, etc.). Below is a check list to help you get started. This is not a complete list. Your supplies may look different from others based on your needs or preferences.

### Go Bag

Your “Go Bag” should ALWAYS be carried with you. It should NEVER be left in the car or be stored away from you. Your bag contains your insulin, emergency medication, food to treat lows, and supplies that you may need immediately. Leaving your bag in extreme temperatures may damage supplies and insulin which may lead to hyperglycemia.

The following list is meant to help you pack your bag so that you are well prepared. All items below should be packed in your “Go Bag”. You may pack additional supplies not listed if you choose.

#### Supplies to pack in your “Go Bag”

- Insulin pens /vials
- Pen needles
- Extra pump supplies (tubing, cartridges, pods)
- Syringes/needles
- Blood glucose testing supplies – meter, lancing device, lancet and testing strips. You should also have a glucometer and testing supplies regardless if you wear a CGM.
- Extra CGM sensors
- Alcohol wipes
- Hand sanitizer
- Fast acting carbs (examples - candy, frosting, honey, gummy bears) or glucose tablets
- Ketone strips
- Glucagon
- Diabetes medical management plan or after visit summary that contains your insulin regimen and sick day management plan.
- Batteries or chargers for your CGM/pump receiver or PDM.

### Sick Day Supplies

When diabetes patients are ill or have ketones, regardless of blood sugar levels, quick action is needed to prevent DKA. Planning ahead and having convenient items on hand can help manage blood sugars and ketones quickly when illness hits. The following are some suggestions to have on hand.

- Assortment of carb and zero carb beverages (examples – gatorade or poweraid, flat soda, flavored waters, plain water)
- Sugar containing and sugar free popsicles
- Soups/broths
- Toast/crackers
- Other foods that your child will eat when not feeling well.
- Diabetes “Go Bag” with insulins, glucagon, ketone strips, insulin and testing supplies
- Tylenol or Ibuprofen
- Thermometer
- Sick Day management/ Ketone management plan
- Copy of child's current insulin plan ( you get a copy after each visit or refer to your After Visit summary via your child's MyChart)
- Endocrinologist phone number

## Emergency Preparedness

Natural disasters and emergencies can happen at any moment. In some instances, you may need to leave your home. Being prepared and having everything you need to “grab and go” reduces delays in seeking safety and shelter. Plan ahead now so that you don't have to worry later. The following links provide helpful tips to prepare for any emergency.

<https://www.cdc.gov/diabetes/articles/diabetes-care-emergencies.html>

<https://diabetes.org/tools-resources/disaster-relief/tips-for-emergency-preparedness>

<https://diatribe.org/diabetes-management/be-prepared-surviving-natural-disasters-diabetes>

Should have additional questions in regards to your “Be Ready” checklist or emergency preparedness, please call the endocrine clinic during normal business hours at 269-337-6430.