

# Diabetic Disaster Preparedness Checklist

Keep this checklist printed and stored with your emergency supplies. Plan for at least 14 days.

## Medical Supplies

- 1 Extra insulin or diabetes medications (14 days minimum)
- 2 Syringes, pen needles, or pump supplies
- 3 Blood glucose meter and extra batteries
- 4 Test strips and lancets
- 5 Ketone testing strips
- 6 Alcohol swabs and cotton balls
- 7 Glucagon emergency kit (if prescribed)
- 8 Sharps disposal container
- 9 Copies of prescriptions and medical information

## Food & Water

- 1 1 gallon of water per person per day
- 2 Glucose tablets or hard candy
- 3 Juice boxes (regular)
- 4 Crackers or dry cereal
- 5 Peanut butter or nuts
- 6 Canned protein (tuna, chicken, salmon)
- 7 Shelf-stable milk or powdered milk

## Monitoring & Safety

- 1 Blood sugar logbook and pen
- 2 Medical ID bracelet or necklace
- 3 Sturdy shoes (never go barefoot)
- 4 Extra socks
- 5 First aid kit

## Emergency Items

- 1 Flashlight with batteries
- 2 Phone charger or power bank
- 3 Radio with batteries
- 4 Important documents (ID, insurance)
- 5 Emergency contact list