

Diabetes and Emergencies



When a crisis happens, medication, water, or diabetes supplies may be hard to get. By planning ahead you can act quickly. Have an emergency kit ready to go so you can better manage your diabetes away from home.

Build an Emergency Kit

Get a backpack or box that holds a week or more worth of supplies. Stock the kit with items that apply to you on the checklist. Place the kit where you can grab it and go. See more at [Ready.gov](https://www.ready.gov) on how to build your kit.



Diabetes Medical Supplies for 1-2 weeks

- Prescriptions and over-the-counter medications taken by mouth, inhaled, or injected
- Glucose meters, test strips, lancets, and batteries
- Continuous glucose monitoring supplies
- Insulin pens, needles, and syringes
- Insulin pump supplies
- Glucose tablets, juice boxes, or hard candy to treat low blood sugar
- Hand sanitizer and sanitizing wipes
- First aid kit



Personal Information and Items

- Current medication list, along with your pharmacy and provider's contact information
- Copies of important records, identification, and health insurance cards
- Extra cell phone charger
- Extra pair of glasses or contact lenses, as needed

More Essentials for Your Kit



A 3-day supply of food, water, and other essentials to pack

- Non-perishable food such as peanut butter, crackers, protein bars and shakes, tuna, sardines, nuts, and canned fruit
- A can opener and eating utensils
- One gallon of water per day
- Radio, flashlight, and extra batteries
- A warm blanket and a change of clothing

Create an Emergency Plan

Talk with family members about why and how to prepare for disasters common to your area.



Things to consider

- Discuss where to meet in case you are separated from your family. Include a back-up location.
- Plan how you will stay in touch if phones and internet are out.
- Decide what tasks need to be done by each household member.
- For more help with making your emergency plan, see the [American Red Cross Disaster Preparedness Plan](#).

If you have disabilities or other medical needs:

- Decide what you might need during and after an emergency.
- Talk with your caregivers to help you prepare your emergency plan.
- For help making a plan for people with disabilities, see the American Red Cross, [Disaster Safety for People with Disabilities](#).

