Prepare a portable, insulated and waterproof diabetes emergency kit that contains the following items:

- List of the following information:
  - Type of diabetes
  - All of your medical conditions, allergies and prior surgeries
  - All medications (include pharmacy contact information, active prescription information and eligible refills)
  - Previous diabetes medications and reason for discontinuation
  - Contact information for all your healthcare providers

- Letter from your diabetes healthcare providers with most recent diabetes medication regimen (especially if taking insulin)

- Most recent laboratory results (especially A1C, kidney and liver tests)

- As possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
  - Include insulin and a severe hypoglycemia emergency kit if prescribed (always check expiration date)

- Blood glucose testing supplies and, if possible, 2 glucose meters with extra batteries

- A cooler for 4 refreezable gel packs, insulin and unused injectable medications to be added when ready to go
  - Note: Do not use dry ice and avoid freezing the medication

- Source of carbohydrate to treat hypoglycemic reactions (For example, glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)

- A 2-day supply of nonperishable food (For example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)

- At least a 3-day supply of bottled water

- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems

- First aid supplies like bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)

**Other recommendations:**

- Wear shoes at all times and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition

- Make sure that all vaccinations, including tetanus, are up-to-date

- Pack extra comfortable clothing, including undergarments

- Take a mobile phone with an extra charger or extra batteries for you and family members

- Choose a designated meeting place in case you are separated from your family and are unable to reach them by phone