

# Diabetes Emergency Kit

- Insulin
- Syringes
- Alcohol swabs (at least 20)
- Test strips
- Pump supplies
- CGM supplies
- Glucose tabs, energy gels (or other nonperishable fast-acting carbohydrate to treat hypoglycemia)
- Extra batteries for pump and glucometer
- Backup glucometer
- FRIO bag (These can keep insulin cool for a minimum of 45 hours and are reactivated in water) or thermos with ice

## Store in Ziplock/ Waterproof Bag:

- Printed Copy of all your prescriptions
- Printed Copy of your health insurance card
- Emergency contact information (including your endocrinologist's name)
- Record of your basal rates
- Charged Backup battery for iphone/pump/CGM