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**For more information or copies,  
please e-mail us at:**

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2 weeks of provisions and supplies for any emergency

## **The Well Armed Diabetic**

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The following survival necessities and supplies are an emergency comfort zone every person with diabetes, chronic illness and disabilities should consider organizing for themselves ahead of time to have on hand in case of danger, crises, fire, evacuation or natural disaster.

Insulated bags and backpacks are available at most stores. Find one in a bright color or with reflective strips that is easy to identify. Attach a laminated luggage tag on it and fill it with the following compendium of items to insure care of basic diabetes, chronic illness and disability needs for 2 weeks. Hang it in a familiar spot that is easy to access when evacuating.

**CALL 911 FOR EMERGENCY ASSISTANCE!**

PEACE FROM YOUR TYPE 1 FRIENDS  
LAURA M. LARIA AND JUDITH JONES AMBROSINI

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# THE WELL ARMED DIABETIC CHECKLIST

## ■ MEDICAL SUPPLIES:

- ❑ INSULIN (*cold packed in original Rx box*) **DO NOT FREEZE!**
- ❑ INSULIN SYRINGES (*even if you use a pump*)
- ❑ PUMP SUPPLIES (*batteries, reservoirs, infusion sets, alcohol swabs or IV prep, if used*)
- ❑ ORAL MEDICATIONS (*packed and labeled in a pill box*)
- ❑ EXTRA PRESCRIPTIONS
- ❑ GLUCOSE METER (*strips, batteries, lancet and lancet device*)
- ❑ FIRST AID KIT (*band-aids, bandage tape, ace bandage, alcohol swabs, antibiotic cream, pain reliever, thermometer*)
- ❑ ANTI-DIARRHEA, ANTI-ALLERGY, ANTI-NAUSEA MEDICATIONS

## ■ NON PERISHABLE FOOD ITEMS:

- ❑ BOTTLED WATER
- ❑ BOXED JUICES
- ❑ POWDERED DRINKS (*gatorade, kool-aid, etc.*)
- ❑ DRY SOUP MIX (*cup-a-soup, ramen noodles, etc.*)
- ❑ PARMALAT MILK
- ❑ QUICK CARBS (*sugar packets, glucose tablets, hard candy, gummy candy, etc.*)
- ❑ SNACKS (*nuts, raisins, granola/power bars, peanut butter or cheese cracker packets, candy bars, dried fruit, fruit cups, dry cereals, oatmeal, etc.*)

## ■ PERSONAL INCIDENTALS:

- ❑ TOOTHPASTE/TOOTHBRUSH
- ❑ SKIN LOTION
- ❑ SUN PROTECTOR
- ❑ SOAP/SHAMPOO/BODY WASH/WASH CLOTH
- ❑ HAND SANITIZER
- ❑ COMB OR BRUSH
- ❑ NAIL FILE OR EMERY BOARD
- ❑ BLEACH TABLETS (*unscented*)
- ❑ EXTRA CHANGE of CLOTHES (*socks, undergarments, t-shirt.*)
- ❑ MYLAR FOIL BLANKET
- ❑ FOLDABLE WATER BOTTLE
- ❑ RAIN PONCHO/RAIN GEAR & BOOTS
- ❑ SURGICAL MASK & RUBBER GLOVES
- ❑ MONEY (*bills and coins*)
- ❑ EXTRA CELL PHONE BATTERIES and CAR CHARGER
- ❑ PENLITE/LED FLASHLIGHT (*or any flashlight and batteries*)
- ❑ MAGNIFYING GLASS & MIRROR
- ❑ SUNGLASSES & EXTRA PAIR of PRESCRIPTION GLASSES
- ❑ SET OF EXTRA CAR & HOUSE KEYS
- ❑ MEDICAL IDENTIFICATION
- ❑ LIST of: EMERGENCY and MEDICAL CONTACT NAMES/NUMBERS, COPIES OF INSURANCE CARDS/ LEGAL & IMPORTANT DOCUMENTS, PHOTO ID, ATM AND CREDITS CARDS IN A ZIPLOCK BAG.

} TRAVEL SIZE

**DON'T FORGET TO NOTIFY SOMEONE OF YOUR WHEREABOUTS!**