BC CHILDREN'S HOSPITAL
An agency of the Provincial Health Services Authority

ENDOCRINOLOGY & DIABETES UNIT
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DIABETES EMERGENCY SURVIVAL PACK

Disasters can happen at any time, and it is important to be prepared for them. Every home should have an emergency plan and a survival kit, and a three-day supply of non-perishable food and water for each person in your household. You should also have a "stash" of diabetes supplies that are readily available to take with you, or use at home in the event of an emergency. If possible, try to have a two-week supply of the following:

- insulin/oral medications
- blood glucose meter, and extra batteries for the meter
- test strips, lancets, alcohol swabs, and ketone strips
- pump supplies (if you are using an insulin pump)
- fast-acting sugar, such as glucose tablets or juice, and other food needed to treat low blood sugar
- glucagon
- sharps container
- insulated bags
- copies of your prescriptions for medication and supplies (in case you need to get more)

Remember that insulin is only stable at room temperature for 30 days, so it may need to be replaced frequently.

Keep your emergency kit in a clean, dry place. Restock and replace contents as needed, watching expiry dates of supplies.

Food and Water Supplies

Water:

- allow 2–4 liters per person per day

Food:

- canned food: meats, soups, stews, pasta, vegetables, fruit
- crackers/biscuits
- fruit juices
- peanut butter, honey, syrup, sugar, salt and pepper, instant coffee/tea, processed cheese, powdered milk
- nuts and dried fruit

Replace dry goods and canned foods yearly

Don't forget to include:

- plastic knives, forks, spoons
- non-electric can opener
- non-breakable cups, plates, pots
- camping stove and fuel

General Survival Kit Contents

- flashlight and two sets of batteries
- radio and two sets of batteries
- candles and waterproof matches/lighter
- first-aid kit
- important documents/papers (photocopies of birth certificates, etc)
- blankets/sleeping bags
- whistle (in case you need to get someone's attention)
- extra car keys
- cash (including change for payphone)
- clothing for each person (including shoes and jackets)
- hand towels/facecloths
- antibacterial hand cleanser
- toothbrush/toothpaste
- brush/comb
- deodorant
- feminine hygiene products
- baby diapers/wipes (as needed)

Other things to include:

- garbage bags (large orange ones make great ponchos)
- map
- water filter
- sunscreen
- toilet paper/paper towels (store in a sealed plastic bag or Ziploc®)
- playing cards/games

For further information:

- www.childrenwithdiabetes.com/d_0n_910.htm
- www.mayoclinic.com/health/disaster-preparedness-diabetes/MY02282
- www.diabetes.org/assets/pdfs/ada-emergency-medical-advice.pdf
- www.pep.bc.ca/hazard_preparedness/prepare_now/prepare.html
- www.getprepared.gc.ca/index-eng.aspx

See also our handout *Earthquake Kit for Schools*.