

It is important that you are always prepared and ready to care for your diabetes whether you are at home, at school, at a family or friend's home, on vacation or if you are ill. You should have a "Go Bag" you always carry with you. In addition, it is important that you have supplies at home for when you are ill or a plan in case of a natural disaster (i.e. power outage, severe storms, tornados, etc.). Below is a check list to help you get started. This is not a complete list. Your supplies may look different from others based on your needs or preferences.

Your "Go Bag" should ALWAYS be carried with you. It should NEVER be left in the car or be stored away from you. Your bag contains your insulin, emergency medication, food to treat lows, and supplies that you may need immediately. Leaving your bag in extreme temperatures may damage supplies and insulin which may lead to hyperglycemia.

The following list is meant to help you pack your bag so that you are well prepared. All items below should be packed in your "Go Bag". You may pack additional supplies not listed if you choose.

Assortment of carb and zero carb beverages (examples – gatorade or poweraid, flat soda,