



Disaster Kit for a Girl with Diabetes (11-18 years old)

Food	Quantity/ day	# days	Total # in Pack
Canned Fruit (4 oz)	2	7	14
Raisins (small box .5 oz)	2	7	14
Canned Beans or Pasta (7 oz)	1	7	7
Individual Peanut Butter packet	3	7	21
Tuna Fish (3 oz)	2	7	14
Crackers (small package)	4	7	28
Trail Mix	1	7	7
Breakfast/Snack/Granola Bar	4	7	28
Nutrition Shake (i.e., Glucerna)	1	7	7
Juice Box (for emergency glycemic control)	1	7	7
Water - liter bottle	0.5	7	3

Non-Food Items

Light Sticks			7
Hand Sanitizer			1
Tissues (pocket size)			1
Survival Blanket			1
First Aid Kit			1
Garbage Bag			1
Chlorine Bleach (1 oz), or water purification tablets			1
Clean cloth or cheese cloth (for water filter)			1
Plastic spoons			7

Contents of First Aid Kit

Antiseptic Cleansing Wipes			7
Sterile Eye Wash			1
Polysporin or Bacitracin (individual packets)			7
Adhesive Bandages (assorted sizes)			14
4 x 4 sterile bandages			4
Bandage roll			2
Acetaminophen (infant formula)			14 doses
Ibuprofen (infant formula)			14 doses
Benadryl			14 doses
First aid scissors			1
Tweezers			1
Ace bandage			1
Cold pack			2
Prescription Medications as needed			7

Contents of Diabetes Medications/Supplies

****Consult with your child's medical provider for specific instructions and supplies needed for your child's condition during a disaster.***

Lancets

Syringes

Meter to measure blood sugar

Meter strips

Meter batteries

Urine ketone strip

Glucagon emergency kit

Glucose tablets, soda with sugar, juice and hard candies

Hard-Sided container to dispose of lancets and needles

Blood pressure medicine, cholesterol medicine, and other regular medicine

Over-the-counter medicines for aches and pains, nausea and vomiting, and diarrhea

Cooler or cool pack for insulin

Insulin pump supplies, including:

Batteries for pump and remote control

Reservoirs or prefilled cartridges

Infusion sets

Insertion devices

Insulin for pump

Other supplies usually needed