

## XI. Disaster Kits for Diabetes

### Disaster Kit for One Boy with Diabetes (15-18 years old)

<b>Food</b>	<b>Quantity/ day</b>	<b># days</b>	<b>Total # in Pack</b>
Canned Fruit (4 oz)	3	7	21
Raisins (small box .5 oz)	2	7	14
Canned Beans or Pasta (~ 7oz)	3	7	21
Peanut Butter (individual serving)	2	7	14
Tuna Fish (3oz)	3	7	21
Crackers (small package)	4	7	28
Trail Mix	1	7	7
Breakfast/Snack/Granola Bar	5	7	35
Nutrition Shake (i.e., Glucerna)	2	7	14
Juice Box (for emergency glycemic control)	1	7	7
Water - liter bottle	0.5	7	3
<b>Non-Food Items</b>			
Light Sticks			7
Hand Sanitizer			1
Tissues (pocket size)			1
Survival Blanket			1
First Aid Kit			1
Garbage Bag			1
Chlorine Bleach 1oz. (or water purificaton tablets)			1
Clean cloth or cheese cloth (for water filter)			1
Plastic spoons			7
<b>Contents of First Aid Kit</b>			
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

## XI. Disaster Kits for Diabetes

### ***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