

WHAT TO PACK

**WATERPROOF/INSULATED
CONTAINER**



**NON-PERISHABLE FOOD
& SNACKS**



**ATLEAST 3 DAY SUPPLY
OF WATER**



**30 DAY SUPPLY OF
INSULIN/DIABETES
MEDICATION**



INSULIN COOLING CASE



**INSULIN DELIVERY SUPPLIES
(SYRINGES, PENS, PUMP
SUPPLIES)**



**GLUCAGON KIT
(FOR INDIVIDUALS WHO TAKE
INSULIN)**



FAST-ACTING CARBS



**2 BLOOD GLUCOSE METERS
WITH EXTRA BATTERIES & TESTING
STRIPS**



**KETONE TESTING
SUPPLIES**



**EXTRA MEDICATION
RECOMMENDED BY YOUR
DOCTOR**

