

Extended Emergency GO-BAG For Insulin-Using Diabetics

[for extended emergencies such as major fires, earthquakes or tornadoes, etc.
where you will be “out of your home” for longer than 2 weeks]
with thanks to **Jay Jones**

Work with your pump trainer & doctor for this kit’s inventory. Below is the emergency kit inventory & you should plan enough for 30-45 day evacuation. Check the contents every 6 months.

1. BG testing supplies: meter, strips, lancets, batteries, and control solution
2. A fast-acting carbohydrate to treat low blood glucose
3. Extra snack for longer coverage, like fast-acting carbohydrates, including protein & fat
4. Glucagon emergency kit or equivalent - consider minimum 2-3
5. Ketone measurement supplies - if history of elevated ketones or MD advises
6. Anti-emetic drug of choice (what you and your pump team believe best - used to induce vomiting in the event)
7. Anti-nausea and/or other drugs (what you and your pump team believe best)
8. OTC meds: NSAIDs, triple antibiotic ointment (what you and your pump team believe best)
9. Rapid-acting insulin & syringes or insulin pen & needles. (enough for 30-45 days)
10. Long-acting insulin & syringes or insulin pen & needles. (enough for 30-45 days)
11. Charging gear and/or batteries for 30 - 45 days
12. Insulin pump - spare parts (port covers, battery caps, etc.)
13. CGM sensors (enough for 30-45 days) (rotate after acquisition of new supplies)
14. Spare CGM transmitter, if used (rotate after acquisition of new supplies)
15. Pump packs - everything you use to change your cartridge & infusion site in a Ziplock sealable plastic bag (Enough for 30-45 days + 2 extra sets)
16. Band Aids of different sizes, sterile gauze pads
17. Frio cases to store unused insulin bottles and pens. A chargeable insulated case, if possible, or a thermos to keep insulin cool with reusable ice cubes
18. Pump/Pod supplies:
 - a. PODs or infusion sets
 - b. Insulin pump cartridges
 - c. Pump controller (Omnipod Dash if using DIY Loop/Trio, Omnipod 5 controller)
 - d. Syringe & needle used for cartridge filling
 - e. Skin prep supplies - alcohol swabs and skin preps
 - f. Site dressing

19. Diabetes medical alert identification or jewelry (should be wearing/carrying)
20. Insurance card(s) – also copy in phone’s photos, electronic wallet, or both
21. Surgical marker or “Sharpie®” pen to mark the location of a lost CGM wire, etc.
22. A list of current medications (both brand & generic names) including dose, schedule, and when taken. Your pharmacist can help with this and possibly provide a document to get medications filled away from home in an emergency
23. A list of your emergency contacts, including address, telephone, & email
24. Protocols, plans, or instructions for PUMP FAILURE, SITE FAILURE of the infusion set, HYPERGLYCEMIA, KETONES - measured according to RXer instruction: urine or blood, HYPOGLYCEMIA, SICK DAY or other illness, HORMONE cycles, MEDICATIONS like steroids, pump on & off pump instructions, and supplies
25. Tape &/or over-patches used to secure pump sites & CGMs
26. Blade razor or similar to remove hair if needed to prepare a site for a pump or CGM
27. Power block or other USB power source to recharge the pump if electricity is out. A solar-powered power block if there is no power to charge phones is recommended as a backup
28. Gauze pads to hold pressure or cover bleeders
29. Stain removal pen(s) to remove blood stains from bleeders, etc.
30. Flashlight
31. Any other items you & your pump team believe helpful
32. Consider a weatherproof case like the Pelican iM2450 Storm Case or the Harbor Freight Apache 4800 Weatherproof Case for egress in hostile weather situations.

RATIONALE:

Why 30-45 days?

There have been several disasters (floods, wildfires, earthquakes, hurricanes, etc.) or similar events in the recent past in the USA and globally, where evacuations and other circumstances have necessitated rapid relocation. This list has been made in consultation with endocrinologists, ADCES, pump trainers, nurses, paramedics, and disaster shelter managers.