



Emergency Evacuation-Items to Gather for People with Diabetes

My Name _____ Phone _____ Notes _____

Emergency Contact Info _____

15-Minute Warning – Ready to Go Bag

1. Wallet, Purse, Keys, glasses
2. Insulin, meter, CGM and insulin pump supplies
3. List of providers with phone numbers
4. List of medications and insulin dosing
5. Chargers for devices
6. Cell phone(s), Laptop, charger(s)
7. Emergency cash, credit card
8. Pets, Carriers, leashes, meds
9. Clothes, shoes, hats for season
10. Hearing aids, Medications
11. Flashlights, extra batteries
12. Safety deposit box key(s)
13. Checkbooks, bill to pay
14. Soap, Hand sanitizer, wipes, toilet paper
15. Water and carbohydrate snacks
16. _____
17. _____

30 Minute warning

(The above, plus):

1. Pillows, sleeping bags, blankets
2. Address book, phone list
3. Jewelry & most-valuable personal possessions
4. Personal hygiene items
5. Other meds, supplements
6. First aid kit, medical items
7. Pet food, dishes, bedding, litter
8. Children’s items, toys, books
9. Battery radio, extra batteries
10. Clothing for 3 days, shoes
11. Computer, monitor, laptop
12. Gal jugs of drinking water
13. _____
14. _____

1-hour warning:

(Other items, plus):

1. Take or safeguard guns, ammo
2. Ice cooler w/ice, food drinks
3. Genealogy records, files
4. 3 days food, special diet items
5. Glover, dust mask for smoke
6. Paper plates, cups, utensils
7. School items, homework, pen, pencil, book, calculator, paper
8. Licenses, vehicle titles, deed
9. Insurance, financial, medical data; wills, powers of Atty.
10. Personal property list, photos & appraisals, documentation
11. _____
12. _____

2-hour+ warning

1. Albums, photos, home videos
2. Family photos, on display
3. Military decoration, records, mementoes, plaques
4. Luggage (Packed)
5. Valuable items, cameras
6. Heirlooms, art, collections
7. Primary cosmetics
8. Secondary vehicles, RV
9. Camping equipment, tent
10. Journals, diaries, letters
11. _____

Take video of inside and outside your home, vehicles and belongings at least yearly for insurance purposes

No. of vehicles _____ Drivers _____ Trailers _____ Motorcycles _____

This list can be personalized for each individual. Have a “To-Go” Bag ready at all times. Please feel free to download and share. Thank you and be safe! Coach Beverly at www.DiabetesEd.net