

Emergency Evacuation-Items to Gather for People with Diabetes

My Name _____ Phone _____ Notes _____

Emergency Contact Info _____

<p>15-Minute Warning – Ready to Go Bag</p> <ol style="list-style-type: none"> 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. _____ <p>30 Minute warning (The above, plus):</p> <ol style="list-style-type: none"> 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. _____ 	<p>1-hour warning: (Other items, plus):</p> <ol style="list-style-type: none"> 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. _____ <p>2-hour+ warning</p> <ol style="list-style-type: none"> 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. _____ <p>Take video of inside and outside your home, vehicles and belongings at least yearly for insurance purposes</p>
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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