



EMERGENCY SUPPLY CHECKLIST

The majority of Australians live in major cities and towns and probably feel the need to have emergency supplies a waste of time. I wonder how many feel they are so close to all conveniences that they do not need to take precautions and have sufficient emergency diabetic related supplies at the ready?

Australians living in rural or remote areas do not have the luxury of being complacent and as such are generally better prepared and well equipped with all the supplies required to continue optimum management of their diabetes. They cannot 'pop' down to the corner store to grab some alcohol wipes or ketone strips!

Anyone who is diabetic or cares for a diabetic should ensure there is an adequate supply of all the requirements to insure continuing good control of their diabetes.

Look at the last couple of years bizarre weather patterns, especially on the East Coast of Australia. There have been a number of severe floods and bush fires in highly populated areas, which tragically have cost lives and caused millions of dollars damage to property. If a diabetic person found themselves in this situation they could at least have peace of mind knowing they had sufficient supply of requirements to see out the worst. You may think you will never find yourself in this type of dilemma but it is vital to have an adequate supply of all medications and equipment regardless.

I have put together a suggested Diabetes Emergency Kit which can be accessed and updated as supplies are rotated.

This way you should never be caught out and underprepared.

Disclaimer: The content posted here is for informational purposes only and is not intended as a substitute for medical advice, diagnosis or treatment.

EMERGENCY SUPPLY CHECKLIST	X	EXPIRY DATE
Alcohol Wipes		
Batteries for Torches		
Batteries for Blood Glucose Testing Meter		
Blood Glucose Testing Meter - spare		
Blood Glucose Test Strips		
Bottled Water		
Candles (and matches)		
Carbohydrate foods i.e. muesli bars, biscuits etc		
Cooler bag		
First Aid Kit -Basics		
Glucagon Injection Kit		
House Key		
Hypo Kits (Jelly Beans, long life Juice poppers)		
Insulin (refrigerated) – Daytime insulin and night insulin		
Insulin Pump Batteries (if applicable)		
Insulin Pump Cartridges (if applicable)		
Insulin Pump Sites, and Tubing (if applicable)		
Ketone Testing Meter (If not the same BG machine)		
Ketone Testing Strips (blood)		
Ketone Testing Strips (urine)		
Lancets		
Matches		
Medi Alert Jewellery		
Medications – A supply of current medications		
Mobile phone		
Mobile Phone Charger or Extra Battery for Mobile		
Pain Relief Medicine		
Pen Insulin Refills		
Prescriptions, copies or repeats		
Syringes and needle heads		
Torch		
Wet ones		

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