

EMERGENCY GO BAG PACKING LIST

1.

Weather Proof Bag &
Medical Alert Tag

2.

Insulin and Supplies:
alcohol wipes, syringes,
insulin cooler & ice packs

3.

Blood Sugar Testing
Supplies: meter, test strips,
lancets, alcohol wipes

4.

Low Blood Sugar Supplies:
glucose tabs/gel, glucagon,

5.

Medications: if possible
a 30 day supply

6.

Sharps Container

7.

Charging Supplies: cords,
portable battery packs,
batteries

8.

Non Perishable Food &
Water