

# CREATING YOUR DIABETES CARE KIT

Even though you may be monitoring different aspects of your diabetes, diabetic emergencies like extremely high blood sugar or low blood sugar can happen anytime or anywhere. Creating diabetes care kits can be a good way to have lifesaving resources available so your loved ones are equipped to help you. Keep the kit in an easy-to-carry waterproof bag or storage container. Show your friends and family where you keep it. Consider making and sharing recorded tutorials or written instructions so they know how to use the items inside.

## HERE ARE A FEW ITEMS YOU MAY WANT TO INCLUDE IN YOUR KIT:

- Insulin and syringes for every injection (learn more about [insulin storage](#))
- Blood sugar (glucose) meter
- Extra batteries for your blood sugar meter and insulin pump
- Lancets and lancing devices
- Insulin pump supplies, including extra pump sets and insertion devices
- Glucagon kits
- Ketone strips
- Alcohol wipes
- Glucose tablets or 15 grams of “quick carbs” (such as juice, hard candy, or honey) to treat low blood sugar
- Oral diabetes medicine
- An empty plastic bottle or sharps container to safely carry syringes, needles, and lancets



YouTube: [How to Pack Your Diabetes Emergency Kit](#) (American Association of Clinical Endocrinology)