

“GRAB AND GO” BAG CHECKLIST FOR: TYPE 2 DIABETICS IN REMOTE NORTHERN FIRST NATIONS COMMUNITIES



- A copy of your family emergency plan
- Water (1 litre per person) *Individuals with special medical needs or with young children may need to add additional water to their “grab and go” bags based on their personal needs (e.g. extra water for preparing baby formula or to take with medications, etc.)
- Food for 12-hour period (non-perishable ready-to-eat foods, high energy bars, meal replacement drinks, etc.)
- Glucometer and test strips
- Treatment for low blood sugar (e.g. dextrose tablets, sugar packets, juice boxes)
- Diabetes medication
- Insulin pen and needles (if insulin-dependent)
- Sharps container (could be an empty plastic container with a screw top)
- Wool socks (to keep feet dry and warm)
- Crank or battery-operated flashlight, with extra batteries
- Photocopies of important documents (medical and vaccination records, health card, status card, birth certificate, prescriptions, insurance policies, bank account information, phone numbers of family members)
- Seasonal change of clothes (2-3 sets for each person in the family)
- House keys
- Cash (coins & bills)
- Basic first aid kit (one per family)
- Medication
- Personal items (soap, toothbrush, toothpaste, feminine hygiene products deodorant, etc.)
- Paper and pen for writing
- Special needs items – canes, walkers, wheelchairs, blood sugar meter and insulin pen, glasses, hearing aids and extra batteries etc. (NOTE: while these items would not be in a “grab and go” bag because they are used daily, keep them easily accessible and take them if you have to evacuate)

NOTES:

- The “grab and go” bag should be put together seasonally and according to each individual’s needs.
- It is recommended that you never allow the amount of medication you have on hand to fall below a 10-day supply.
- Blood sugar levels can change under stress so it is important to check your blood sugar if you feel tired, nauseous, have fruity breath, have stomach pain or are vomiting. If your blood sugar is higher than 14 you will need to follow your Sick Day Guidelines for diabetes. For more information contact your local diabetes program.
- You cannot keep your insulin in your “grab and go” bag because it needs to be kept refrigerated at between 2-10 degrees Celsius. Depending on the time of year, you may need to keep your insulin in an insulated bag to prevent it from getting too warm or you may need to keep it in a thermos to keep it from freezing.
- Aircraft used for evacuations have strict weight measurements. Each family member’s “grab and go” bag must weigh 40 lbs or less. Medical assistive devices, such as wheelchairs, are not part of this weight restriction.



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READY AND TO ACCESS ADDITIONAL RESOURCES TO HELP YOU
PREPARE FOR EMERGENCIES, PLEASE VISIT:**