

# My Diabetes Tool Kit

Keep track of your blood glucose supplies and medications by creating a diabetes kit. A small makeup or travel bag makes an ideal “diabetes tool kit.” Include the supplies shown below, as needed. And don’t forget to include any other medications you take.

- 1 Log book
- 2 Lancet
- 3 Fast-acting carbohydrate
- 4 Test strips
- 5 ID bracelet (wear daily)
- 6 Syringe
- 7 Insulin pen
- 8 Diabetes medications
- 9 Meter
- 10 ID card



**Don't forget any other medications you take!**

## In Case of Disaster

Be prepared for an emergency. Keep an insulated, waterproof diabetes disaster kit ready. Include all the same items as in your diabetes tool kit. A disaster kit should also contain prescription numbers, medication lists, and photocopies of recent lab results. Be sure to update this kit at least twice a year.