

EMERGENCY PREPAREDNESS CHECKLIST

Supplies for People with Disabilities

Power Supplies

- For those who depend on power for equipment or refrigeration, have a back-up power supply (generator, power inverters, charged batteries, adapter plug for vehicle lighter).
- For devices that use batteries, stock extra batteries.



Mobility

- Manual chair for electric wheelchair users.
- Pair of heavy-duty gloves for wheeling over debris.
- Shower chair and toilet riser.
- Patch kit for flat tires and extra inner tubes.
- Extra charged battery for a power wheelchair or scooter. (Ask vendor how to charge in emergency situations.)
- Assistive devices for eating.
- Backpack with smaller supplies on this list (to grab and attach to chair).
- Other _____

Hearing

- Notebook and pen.
- Battery-operated lantern (for lip reading and sign language).
- Visual or sensory alerts.
- Vibrating/strobe alarm clock.
- Extra pager, TTY batteries, hearing aid, or implant batteries.
- Pager/communication devices.
- Portable, battery-powered television.
- Other _____



Sight

- Extra pair of glasses.
- Extra supply of contact lenses and lens solution.
- Extra cane tips or telescoping cane.
- Portable radio with batteries.
- Other _____

This document was adapted from *The Prepared Lifestyle: How to Plan for Seasonal and Pandemic Flu and Other Emergencies*, Research and Training Center on Independent Living (RTC/IL), University of Kansas.

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Emergency Supplies



- 3-day supply of water (1 gallon per person, per day).
- Fever medicines (acetaminophen or ibuprofen). No aspirin for children because of Reye's syndrome.
- 14-day supply of prescription medications.
- 10-day supply of antiviral prescription medication.
- Vitamins.
- Thermometer and extra batteries for digital ones.
- Anti-diarrheal medication.
- Medicine dropper.
- Cough suppressants.
- Surgical or HEPA mask (N95 and N100 respirators).
- Latex or non-latex gloves.
- Cleaning agents, soap, and hand soap.
- Liquid hand sanitizer (60-95% alcohol-based).
- Household liquid chlorine bleach. (NO scented, color safe, or added cleaner.)
- Other disinfectants.
- Paper tissues.
- Toilet paper.
- Feminine and other hygiene products.
- Toothpaste and denture solution.
- Extra shaving supplies.
- Manual can opener.
- Extra durable medical equipment supplies.
- Plastic bags
- Flashlight with extra batteries (NO candles).
- Portable radio with extra batteries or crank radio.
- Matches in waterproof container.
- Whistle (to attract emergency personnel).
- Cash and coins (ATMs may not be accessible).
- Duct tape.
- Pack of cards/small entertainment options.



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EMERGENCY PREPAREDNESS STOCKPILE CHECKLIST

7- Day Supply of Nonperishable Food



- _____ Ready-to-eat canned items.
- _____ Protein and fruit bars.
- _____ Dry cereal and granola.
- _____ Peanut butter and jelly.
- _____ Dried fruit and nuts.
- _____ Crackers.
- _____ Canned or boxed juices.
- _____ Canned or jarred baby food/formula.
- _____ Canned or boxed milk or soy products.
- _____ Powdered milk.
- _____ Comfort foods such as cookies.
- _____ Fluids with electrolytes.
- _____ Sports drinks.
- _____ Instant coffee and tea.
- _____ Other boxed foods needing only water or milk.
- _____ Staples: Sugar, honey, salt, and flour.
- _____ Other (for restricted or special diets).
- _____ Pet food and litter.

During weekly shopping trips, pick up one or two items on this list. Annually rotate non-perishable foods and check documents to ensure they are up-to-date.

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Important Documents

Seal copies of your important documents in freezer bags and place them in waterproof containers. These include:

- Social security card (to resume benefits).
- Family and friends' contact information.
- Lists of medications.
- Doctors' and pharmacists' contact information.
- Bank account numbers.
- Serial numbers/style for mobility and medical devices.
- Health cards and medical alerts.
- Birth certificate, immigration documents or guardianship decrees.
- Medicaid/Medicare ID and food stamp ID.
- Insurance information. (Keep up-to-date.)
- Eyeglasses and denture information.



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Service Animals

Do NOT leave your service animal or pet(s) behind during a disaster. Take him or her with you! To ensure your safety and the safety of service animals and pets, prepare as suggested by the Humane Society of the U.S. and the American Red Cross.

- Make arrangements for someone to care for your animal in times when you cannot get home during a disaster.
- Determine places that will take your animal during an evacuation (relative/friend or hotel/motel).
- Tag or microchip implant each animal.

Important Documentation (Keep in waterproof container.)

- Breed, color(s), markings, age, sex, neutered or unneutered, any medical and behavioral problems, and medical and feeding schedules.
- Describe any unusual habits or markings because many animals look the same (e.g., “tabby cat” or “yellow Lab”), making it difficult to identify otherwise.
- Service animal identification.
- Veterinarian name and number.
- Photo for identification in case you are separated. Put photo on carrier too.
- Copy of vaccination record.



To-Go Kit of Animal Supply Items

- Collar and tag for each animal that has your phone number (very important to ensure your pet gets back to you if lost). Put collar on during disaster.
- Sturdy leash and harness.
- Well-labeled cage/carrier for each animal (for transport, to prevent escape and for safe return) with animal identification information, your phone number, and photo of animal. Carriers should be large enough for animal to stand and turn around in.
- 3-day supply of food and water with can opener, food and water bowls.
- Bedding, favorite toy, brush and comb.
- Extra supply of medications.
- Litter, litter pan, and litter scoop.
- Plastic bags/paper towels for disposing of feces.

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