

## Disaster Supply Checklist

### Top Priorities

- Battery-powered or hand-crank radio
- Flashlights or battery-powered lantern
- Water (for drinking and sanitation) to last at least 3 days (1 gallon per person, per day)
- Batteries

### High Priorities

- Non-perishable food items to last three days (try to include items high in protein)
- First Aid Kit and medical supplies
- Tools (including a manual can opener, a wrench to turn off utilities, and a hammer)
- A water-tight, portable container to hold important documents

### Other Supplies to Consider

- Prescription and non-prescription medications (including glasses and/or contacts)
- Blankets
- Change of clothing
- Toilet paper and paper towels
- Bleach (16 drops will disinfect one gallon of water)
- Plastic sheeting and duct tape (to seal windows and doors)
- Dust mask
- Garbage bags
- Whistle and signal flare
- Matches in a waterproof container
- Local maps
- Fire extinguisher
- Extra cash
- Instant formula, diapers, and wipes for babies
- Pet food and supplies
- Feminine and personal hygiene supplies
- Games and activities for children

## Preparedness Recommendations for People with Disabilities

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.
- Contact your city or county government's emergency information management office. (Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.)
- Wear medical alert tags or bracelets to help identify your disability.
- Be ready to give brief, clear, specific instructions and directions to rescue personnel.
- Complete a medical information list, including:
  - Medical providers.
  - Medications you use, including dosage.
  - Adaptive equipment and/or body system support equipment you use.
  - Allergies and sensitivities.
  - Any communication difficulties.
  - Attach medical insurance and Medicare cards.

### If you are dependent on life sustaining treatment:

- Know the location and availability of more than one facility.

### If you use a wheelchair:

- Know the size and weight and whether or not it is collapsible.
- Show others how to operate your wheelchair.
- Have extra batteries and supplies to fix a flat tire.

### If you use a service animal:

- Have a care plan and supplies for your animal.