



ASSEMBLE OR CUSTOMIZE YOUR EMERGENCY PREPAREDNESS KIT

Begin with the basics – what you need to live for 1-3 days in the event of emergency. Below are some suggestions to get started but remember – this kit should be customized to your needs!

- Emergency documents (emergency plan, medication lists, family and doctor phone numbers, insurance info, medical equipment specifics, etc) laminated or in Ziploc bag
- Medication and medical equipment (wheelchair, cushion, transfer aids)
- Water
- Catheters, ostomy and wound care supplies
- Cash
- Non-perishable food
- Hand sanitizer & soap
- First aid kit
- Flashlight/headlight
- Patch kit
- Toothbrush/toothpaste
- Change of clothes
- Chargers for equipment and phones (consider battery or hand-cranked)
- Multi-tool
- Whistle
- Lighter or waterproof matches
- Moist towelettes
- Blanket
- Extra glasses or contact lenses/supplies
- Hearing aids and extra batteries
- Duct tape
- Ziploc and garbage bags
- Battery powered or hand-crank radio
- Pen and paper
- Extra batteries
- Pet supplies