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# Emergency Kits for Persons with Disabilities or Access and Functional Needs

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Being ready for an emergency regardless of your location is imperative. For individuals with a disability, having everything you need in each location is fundamental for survival. Of course you don't want to keep everything with you at all times, so each location requires a different kit with different items. Following is a review of each type of kit for each different locations/situations and a suggested list of items to be included.

**Personal Kit** – contains essential items to keep with you at **ALL** times.

- Hard copies of Driver's License or other ID
- Hard copies of important emergency health information
  - Emergency phone numbers and contacts
  - Addresses
  - Physician contact information
  - Medical conditions
  - Prescriptions for medications
  - Prescriptions for assistive devices with vendor names, style and serial numbers
  - Insurance Information
    - Private Insurance
    - Medicaid
    - Medicare
- Medical alert tags or bracelets
- Instructions on personal assistance needs and how best to provide them
- Hard copies of important banking information



- A list of nonprofit community based organizations that may be able to assist you in an emergency
- Cell phone and charger
- Extra Cash – bills and coins
- Essential medications for a week
- Key ring flashlight
- Light sticks
- Extra batteries for oxygen devices, breathing devices, hearing aids, cochlear implants, cell phones, radios, pagers, and/or PDAs
- Signaling device to draw attention to you if you need emergency assistance
  - Beeper
  - Bell
  - Horn
  - Screecher
  - Whistle
- Items specific to disability\*
- Packing/Container to ensure portability of supplies that can be hung on mobility device or other assistive device
  - Fanny pack
  - Backpack

**Grab-and-Go/Workplace Kit** – easy-to-carry kit to grab if you have to evacuate your location in a hurry. Contains items you can't do without and are small enough and light enough you can carry.

- Duplicate items included in Personal Kit
- Important phone numbers, including your out-of-state contacts
- Emergency bag or blanket (very compact and made of a special material that reflects up to 90% of your body heat)
- Food (high calorie food bars, granola bars, fruit bars, candy bars, crackers, fruit leather, raisins, nuts, prepackaged foods, etc.)
- Water and/or juice boxes/pouches



- Walking shoes
- Multi function knife
- Mini first aid kit (adhesive bandages, rolled bandages for sprains, pain reliever, any medication you need, gauze, antiseptic wipes, antibiotic first aid cream, etc.)
- Items specific to disability\*

**Home Kit** – a large kit that contains essential you need to be self-sufficient for 3-7 days in your home or emergency shelter.

- Kit should be stored securely and in a set place so it is easy to locate
- Duplicate items included in Personal Kit
- Disaster document protectors
- Family photo
- Photos of all pets, including distinguishing marks
- Pictures of assistive technology devices with serial numbers
- Portable solar/hand crank emergency radio with weather channel
- Cell phone charger
- Standard, hard line, telephone
- Other medications, i.e. pain reliever, laxatives, antacids, sunscreen, lip balm, etc.
- Auxiliary solar charging device
- Emergency nonperishable food
  - boxed meals (macaroni and cheese)
  - canned chili
  - canned fruit (applesauce, fruit cocktail, oranges, peaches, pears)
  - canned meat (tuna, ham, chicken, spam, Vienna sausages)
  - canned soups (beef broth, chicken broth, cream of chicken, cream of mushroom, tomato)
  - canned stew
  - canned vegetables (beans, corn, green beans, hominy, mixed vegetables, potatoes, spinach, tomatoes)
  - comfort foods (hot chocolate mix, candy, cookies, pudding)
  - dehydrated foods



- dried fruit (apricots, apples, bananas, cranberries, dates, raisins)
- crackers, chips, pretzels, popped popcorn
- drink mixes (nonfat dry milk, coffee, lemonade)
- granola bars
- hard candy
- instant oatmeal
- jerky
- juice boxes or pouches
- Meals Ready to Eat, (MREs)
- nuts
- pasta and sauces
- peanut butter and jelly
- Pop Tarts
- ramen noodles
- special dietary foods (wheat-free crackers or pretzels, rice cakes, nut butter substitute, sunflower or pumpkin seeds, milk substitute)
- Portable Cooking Equipment
  - 3-way can opener
  - camp stove
  - cast iron skillet
  - Dutch oven
  - plastic oven-proof cooking bags
  - solar cooker
  - tin foil
- Disposable plates, bowls, cups and silverware
- Fork and spoon combo
- Assorted sizes of resealable plastic bags for storing food and waste
- Infant formula , diapers, and clothing
- Hygiene products (toilet paper, moistened towelettes, toothbrush, toothpaste, feminine products, etc.)
- Blankets and/or sleeping bags
- Extra clothing suitable for all weather conditions



- Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while moving over glass and rubble
- First aid kit and first aid manual
- Fire extinguisher
- Tools
  - bucket to carry water
  - crow bar for jammed doorways, etc.
  - extra matches in a waterproof container
  - face/dust mask
  - hammer & nails
  - headlamp with extra batteries for hands free use
  - jumper cables & signal flares
  - LED lantern
  - plastic sheeting or tarp, duct tape, staple gun
  - pliers, pipe wrench
  - saw or ax to clear downed tree limbs
  - screwdrivers
  - utility cord or rope
  - utility shovel
  - wrench to shut off gas and water
- Insect repellent
- Water purification system
- Items specific to disability\*

**Bedside Kit** – contains items you need if you are trapped in or near your bed and unable to get to other parts of your home.

- Kit should be stored securely and in a set place so it is easy to locate
- Weather alert radio and extra batteries
- Signaling device to draw attention to you if you need emergency assistance
  - Beeper
  - Bell
  - Horn



- Screecher
- Whistle
- Container that can be attached to the bed or nightstand to hold hearing aids, eye glasses and cell phones
- Ensure that any oxygen tanks are attached to the wall and that your wheelchair is locked and close to your bed. This helps prevent them from falling, flying or rolling away during an tornado, earthquake or other jarring jolting event
- Items specific to disability\*

**Car Kit** – includes items you need if you have in your vehicle in case of an emergency or during an evacuation

- Water
- Flashlights with extra batteries, hand powered flashlight, headlamp with extra batteries for hands free use, or light sticks
- Emergency Food (beef jerky, nut butters, tuna, crackers, cereal bars, fruit snacks/leathers, cookies, candy, nuts)
- 3-way can opener
- Fork and spoon combo
- Poncho
- Blanket and/or warm clothes
- Durable all weather shoes or boots
- Hand warmers
- Candles and matches in a waterproof container
- First aid kit and first aid manual
- Tools
  - adjustable wrench, pliers, or vice grips
  - antifreeze
  - cigarette lighter emergency wand
  - clip board
  - disposable camera
  - extra fuses
  - fix-a-flat



- ice scraper
- jumper cables
- mirror
- multi-purpose knife, pocketknife
- paper towels
- reflective triangle
- screwdrivers
- spray bottle with washer fluid
- tire pressure gauge
- utility shovel
- Maps and compass
- Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while moving over glass and rubble
- Pencil/marker/crayon/ lumber crayon, and paper to leave note if abandoning car
- items specific to your disability\*

**Service Animal Kit** – includes familiar items to keep your service animal comfortable and secure 3-7 days in a time of stress

- License
- Medical/vaccination records
- Photo of animal, including distinguishing marks
- Pedigree papers
- Supply of pet food and treats (foods they are accustomed to eating to reduce digestive problems)
- Water
- Food and water dishes
- 3-way can opener and disposable utensils
- Blankets or towels
- Hygiene items (brush, shampoo)
- Pet carrier with ID tag (include emergency contact numbers)
- Collar/ID/leash
- Pooper scooper



- Toys
- First Aid Kit
  - Medications and vitamins
  - First aid manual
  - Names, addresses, telephone numbers of local vet offices (include 24 hour clinics)
  - Tape
  - Scissors
  - Antibacterial soap
  - Cotton balls/gauze
  - Hydrogen Peroxide

### **Portable Fireproof Box/Bank Safe Deposit Box/Flash Drive**

- Birth Certificates
- Social Security Cards
- Marriage certificate
- Religious certificates
- Adoption papers
- Driver's licenses – color copies
- Passports – color copies
- Deed to residence
- Mortgage documents and other loan documents
- Title for vehicles
- Insurance policies and agent/ contact information
- Health insurance, prescription and/or other benefit cards
- Credit/debit/ATM cards – color copies both sides
- Inventory list of household items and personal items at office or other locations
- Photographic inventory of household and office items
- Tax returns for a minimum of three years
- Will, living wills, power of attorney, letters of instruction and health care power of attorney
- Trust for which you are a trustee or in which you have a beneficial interest





- Location of safe deposit boxes with key location and names of authorized signatories
- List of contact information for advisors, personal representatives, trustees, guardians, doctors, dentists
- Recent bank statements and brokerage statements
- Several blank checks from each checking account
- ID cards issues by banks
- Documents that prove ownership of investments
- List of all electronic access user IDs and passwords
- Complete list of assets and liabilities, with details of ownership and contact information for all persons and entities relevant to the ongoing status of that asset or liability

Contents of each kit needs to be tailored to your individual needs and abilities. Ideally, you should plan for enough supplies, particularly medical supplies, to last up to two weeks or 14 days. It is important to know ahead of time what you are realistically able to carry in a backpack or other small pack on your person or wheelchair, scooter, or other assistive device.



*\*Please see 'Disability Specific Emergency Kits for Persons with Disabilities' for a list of items specific to each type of disability.*

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