



National Network

Information, Guidance and Training on the
Americans with Disabilities Act

Call us toll-free
1-800-949-4232 V/TTY

Find your regional center at
www.adata.org



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Emergency Supplies Kits Checklist

Are you prepared for your important needs during an emergency no matter where you are? Emergencies can occur when you are at home, at work, on vacation, or just out and about. Keeping important items with you is key to successful emergency planning.

DISABILITY SPECIFIC SUPPLIES FOR EMERGENCY KITS

Prepare different kits for different places and situations:

- **Keep it with You (KIWY)** or carry-on you kit is for the essential items you need to keep with you at all times.
- **Grab and go kit** is an easy-to-carry kit you can grab if you have to leave home in a hurry. It has things you cannot do without but are not so big or heavy that you cannot carry them.
- **Home kit** includes water, food, first aid supplies, clothing and bedding, tools, emergency supplies, and disability-specific items. It includes all the things you would most likely need if you had to be self-sufficient for days either at home or in an evacuation shelter.
- **Bedside kit** has items you may need if you are trapped in or near your bed and unable to get to other parts of your home.
- **Car kit** has items you will need if you have to evacuate the area and/or are in or near your vehicle during an emergency.

Tailor the contents of these kits to your needs and abilities. Do what works for you taking into account the type of hazards that are common to where you live, work and go to school. For example in the bedside kit there is a recommendation regarding keeping



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your medications close to you. This is because there is a chance that in some emergencies such an earthquake, or power outage, people can be trapped in their beds.

It is ideal to plan for supplies for up to two weeks (medication, syringes, ostomy bags, catheters, padding, etc.). Do what is realistic for you. Know what you are able to carry in a fanny pack, backpack or drawstring bag hung from a wheelchair, scooter or other mobility device. If you can only carry a 3-day supply of insulin in your Grab-and-Go kit than that is what's right for you. Plan for what you can do.

Store kits securely in a set place so they are easy to find. Keep important items in a consistent, convenient and secured place, so you can quickly and easily access them.

Below is a table that summarizes items for each type of kit.

Emergency Supplies Kits					
	Checklist				
Item	Carry on You	Grab and Go	Home	Bedside	Car
Important hardcopy information:					
Emergency health information	X	X	X	X	X
Copies of emergency contacts list	X	X	X	X	X



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Copies of prescriptions	X	X	X		
Other important items:					
Cell phone	X		X	X	
Cell phone charger		X	X		X
Cash	X		X		
Essential medications	X			X	
Other medications			X		
Flashlights and extra batteries, light sticks			X	X	X



Emergency Supplies Kits Checklist

Item	Carry on You	Grab and Go	Home	Bedside	Car
Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cell phone, radios, cell phones, smart phones, and other mobile wireless devices like tablets	X	X	X		
Emergency food and water		X	X	X	X
Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.		X	X	X	X
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.		X	X	X	
Lightweight flashlight (on key ring, etc)	X				
Small battery-operated radio and extra batteries		X		X	



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Item	Carry on you	Grab and Go	Home	Bedside	Car
Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher alarm system.)	X	X		X	
A container that can be attached to the bed or nightstand (with cord or Velcro) to hold hearing aids, eye glasses, cell phones, etc., oxygen tank attached to the wall, wheelchair locked and close to bed. This helps prevent them from falling, flying or rolling away during an earthquake or other jarring, jolting event.				X	
Road flares					X
Blankets or emergency blankets (lightweight, fold to pocket size, made of a reflective material which reflects up to 80% of your radiant body heat to help keep you warm).					X



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Tools (screwdriver, pliers, wire, pocket knife, can opener, duct tape)					X
First aid kit and first aid book			X		X
Battery jumper cable					X
Reflective vest					X
Rain poncho					X
State and local maps					X
Wheelchair or Scooter Users					
A patch kit or can of “sealant” to repair flat tires and/or an extra supply of inner tubes for non-puncture proof wheelchair/scooter tires.	X	X			



Emergency Supplies Kits Checklist

Item	Carry on You	Grab and Go	Home	Bedside	Car
Keep needed equipment close to you and secured so you can get to it quickly.				X	
Recharging devices that can be connected to vehicle for an emergency charge.			X		X
If available, keep a lightweight manual wheelchair for backup.			X		
Speech or Communication Issues					
If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle.		X			X



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Hearing Issues					
Carry a pre-printed copy of key phrase messages with you such as “I use American Sign Language (ASL).” “I do not write or read English well.” “If you make announcements, I will need to have them written simply or signed.”					
Consider getting a weather radio, with a visual/text display that warns of weather emergencies or get applications for your smart phones and other mobile wireless devices like tablets			X	X	
Vision Issues					
Mark your disaster supplies with fluorescent tape, large print, or braille.		X	X	X	



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Have high-powered flashlights with wide beams and extra batteries.		X	X	X	
Sensitivities, Breathing Conditions					
Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	X	X	X	X	
N95 rated particulate filter mask – protects against dust, radiological dust and biological agents.			X	X	



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Service Animals Supplies					
<p>(See <i>Emergency Preparedness: Taking Responsibility for Your Safety. Tips for People with Activity Limitations & Disabilities.</i> http://www.jik.com/disaster-individ.html#Guides)</p> <p>Food, water, blankets waste disposal, medication, harness, etc.</p>				X	X

For more information, call and speak to an ADA specialist at **1-800-949-4232**. All calls are confidential.

Content was developed by the Pacific ADA Center, and is based on professional consensus of ADA experts and the ADA National Network.



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