



National Network

Information, Guidance and Training on the
Americans with Disabilities Act

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Emergency Supplies Kits

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/GO 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. (Items such as teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eye glasses, contact lens with cleaning solutions, etc.)

Below is a table that summarizes all of the items needed for each type of kit followed by checklists for each type of supply kit – Carry on You, Grab and Go, Home, Bedside and Car.

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	Checklist				
Item	Carry on You	Grab and Go	Home	Bedside	Car
Important hardcopy information:					
Emergency health information	X	X	X	X	X



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



Item	Carry on You	Grab and Go	Home	Bedside	Car
Extra batteries for oxygen, breathing devices, hearings 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				



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Small battery-operated radio and extra batteries		X		X	
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



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Item	Carry on You	Grab and Go	Home	Bedside	Car
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
Tools (screwdriver, pliers, wire, pocket knife, can opener, duct tape)					X
First aid kit and first aid book			X		X
Battery jumper cables					X
Reflective vest					X
Rain poncho					X
State and local maps					X



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Item	Carry on You	Grab and Go	Home	Bedside	Car
Wheelchair or Scooter Users					
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



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	
Service Animals Supplies					
<i>(See Emergency Preparedness: Taking Responsibility for Your Safety. Tips for People with Activity Limitations & Disabilities.</i>				X	X



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<http://www.jik.com/disaster-individ.html#Guides>)

Food, water, blankets waste disposal, medication, harness, etc.



Carry on You Emergency Supply Kit List

The Carry on You Emergency Supply Kit is for essential items you need to keep with you at all times. Keep important items in your purse, briefcase or backpack so you can quickly and easily access them.

Include items such as a cell phone, cell phone charger, cash, and medication. Use this checklist as a tool to ensure you have the necessary items in your Carry on You Emergency Supply Kit.

Date Done	Item	Notes
Important hardcopy information:		
	Emergency health information ¹	
	Copies of emergency contact lists. ²	
	Copies of medication prescriptions	
Other important items:		
	Cell phone and charger	
	Cash (small bills and change)	
	Essential medications	
	Light weight small flashlight (on key ring, etc.)	
	Small whistle (on key ring, etc.) or other noise-making item to draw attention for emergency assistance	
	Small Sharpee™ pen (writes on anything)	
	Batteries or power for critical devices, if possible	
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.	

¹ sample form at <http://cdihp.org/products.html#savvy>

² Emergency Contact Checklist Tip Sheet (<http://adapacific.org/emergency/checklists.php>)



Emergency Supplies Kits

Date Done	Item	Notes
	Label equipment with simple 'how to use/move' instructions (for example, how to "free wheel" or "disengage the gears" of your power wheelchair). Attach to equipment and laminate for sturdiness.	
	Speech or Communication Needs:	
	A pre-printed copy of key phrase or picture messages	
	Hearing Needs:	
	A pre-printed copy of key phrase messages such as: <ul style="list-style-type: none">• "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."	
	Vision Needs:	
	Mark your disaster supplies with fluorescent tape, large print, or Braille.	
	Sensitivities, Breathing Needs:	
	Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	



Grab and Go Emergency Supply Kit Checklist

The Grab and Go Emergency Supply Kit is easy to carry kit you can grab is you have to leave home in a hurry. It has things you cannot do without that are light enough to carry with you.

Keep important items in a bag or backpack so you can quickly and easily access them. Include items such as a cell phone charger, batteries, food and water. Use this checklist as a tool to ensure you have the necessary items in your Grab and Go Emergency Supply Kit.

Date Done	Item	Notes
Important hardcopy information:		
	Emergency health information ³	
	Copies of emergency contact lists. ⁴	
	Copies of medication prescriptions	
Other important items:		
	Cell phone charger	
	Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cell phone, radios, smart phones and other mobile wireless devices like tablets	
	Small battery operated radio and extra batteries.	
	Emergency food	
	Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.	
	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.	
	Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher alarm system).	

³ sample form at <http://cdihp.org/products.html#savvy>

⁴ Emergency Contact Checklist Tip Sheet (<http://adapacific.org/emergency/checklists.php>)



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Date Done	Item	Notes
	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.	
	Speech or Communication Needs:	
	If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle.	
	Vision Needs:	
	Mark your disaster supplies with fluorescent tape, large print, or Braille.	
	Have high-powered flashlights with wide beams and extra batteries.	
	Sensitivities, Breathing Needs:	
	Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	
	Service Animal Supplies (See <i>Emergency Preparedness: Taking Responsibility for Your Safety</i>)	
	Food, water, blankets, waste disposal, medication, harness, etc.	



Home Kit Emergency Supplies Checklist

The Home Emergency Supply Kit contains items vital for daily living. 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 center.

Items in the Home Emergency Supply Kit include such essential items as water, medication, first aid supplies, tools, flashlight, and batteries.

Date Done	Item	Notes
Important hardcopy information:		
	Emergency health information ⁵	
	Copies of emergency contact lists. ⁶	
	Copies of medication prescriptions	
Other important items:		
	Cell phone and charger	
	Cash (small bills and change)	
	Standard telephone (that does need to be plugged into an electric outlet)	
	Other medications	
	Flashlights and extra batteries, light sticks	
	Emergency food	
	Assorted sized of re-closeable plastic bags for storing, food, waste, etc.	
	Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cell phones, radios, smart phones and other mobile wireless devices like tablets	

⁵ sample form at <http://cdihp.org/products.html#savvy>

⁶ Emergency Contact Checklist Tip Sheet (<http://adapacific.org/emergency/checklists.php>)



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Date Done	Item	Notes
	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 book	
	Wheelchair or Scooter Users:	
	Recharging devices that can be connected to a vehicle for charging	
	If available, keep a lightweight manual wheelchair for backup.	
	Hearing Needs:	
	Weather radio with a visual/text display that warns of weather emergencies or get an app for cell phone or tablet	
	Vision Needs:	
	Mark your disaster supplies with fluorescent tape, large print, or Braille.	
	High-powered flashlights with wide beams and extra batteries.	
	Sensitivities, Breathing Needs:	
	Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	
	N95 rated particulate filter mask – protects against dust, radiological dust and biological agents.	
	Service Animal Supplies (See Emergency Preparedness: Taking Responsibility for Your Safety)	
	Food, water, blankets, waste disposal, medication, harness, etc.	



Bedside Kit Emergency Supplies Checklist

The Bedside Emergency Supply Kit contains essential items you may need if you are trapped in or near your bed and unable to get to other parts of your home.

Keep important items in a nightstand next to your bed so you can quickly and easily access them. Include items such as a cell phone, medication, water, and a flashlight in your Bedside Emergency Supply Kit. Use this checklist as a tool to ensure you have the necessary items in your Bedside Emergency Supply Kit.

Date Done	Item	Notes
Important hardcopy information:		
	Emergency health information ⁷	
	Copies of emergency contact lists. ⁸	
Other important items:		
	Cell phone	
	Standard telephone (that does need to be plugged into an electric outlet)	
	Essential medications	
	Flashlights and extra batteries, light sticks	
	Emergency food	
	Assorted sized of re-closeable plastic bags for storing, food, waste, etc.	
	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.	
	Battery operated radio and extra batteries	
	Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher alarm system).	

⁷sample form at <http://cdihp.org/products.html#savvy>

⁸ Emergency Contact Checklist Tip Sheet (<http://adapacific.org/emergency/checklists.php>)



Emergency Supplies Kits

Date Done	Item	Notes
	Container that can be attached to bed or nightstand to hold hearing aids, eye glasses, cell phone, etc., oxygen tank attached to the wall, wheelchair locked and close to bed.	
	Wheelchair or Scooter Users:	
	Keep needed equipment close to you and secured so you can get to it quickly.	
	Hearing Needs:	
	Weather radio with a visual/text display that warns of weather emergencies or an app for cell phone or tablet.	
	Vision Needs:	
	Mark your disaster supplies with fluorescent tape, large print, or braille.	
	High-powered flashlights with wide beams and extra batteries.	
	Sensitivities, Breathing Needs:	
	Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	
	N95 rated particulate filter mask – protects against dust, radiological dust and biological agents.	



Car Kit Emergency Supplies Checklist

The Car Emergency Supply Kit contains items you will need if you have to evacuate the area and/or are in or near your vehicle during an emergency.

Keep important items in your trunk so you can quickly and easily access them. Include items such as a cell phone charger, batteries, road flares, jumper cables, and maps. Use the Checklist as a tool to ensure you have the necessary items in your Car Emergency Supply Kit.

Date Done	Item	Notes
Important hardcopy information:		
	Emergency health information ⁹	
	Copies of emergency contact lists. ¹⁰	
Other important items:		
	Cell phone charger	
	Flashlights and extra batteries, light sticks	
	Emergency food	
	Assorted sizes or re-closeable plastic bags for storing, food, waste, etc.	
	Road flares	
	First aid kit and first aid book	
	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)	
	Tools (screwdriver, pliers, wire, pocket knife, can opener, duct tape, etc.)	
	Battery jumper cables	
	Reflective vest	

⁹ sample form at <http://cdihp.org/products.html#savvy>

¹⁰ Emergency Contact Checklist Tip Sheet (<http://adapacific.org/emergency/checklists.php>)



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Date Done	Item	Notes
	Rain poncho	
	State and local maps	
	Wheelchair or Scooter Users:	
	Recharging devices that can be connected to vehicle for an emergency charge.	
	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.	

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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