



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
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Grab and Go Emergency Supplies Kit with Daily Use Items Checklist

The Grab and Go Emergency Supplies Kit is easy to carry kit you can grab when 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 bag or backpack so you can quickly and easily access them. Include items such 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 Supplies Kit. At the end of the Checklist there are additional items you may use on a daily basis that you are unable to store in the Grab and Go Emergency Supplies 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 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.	

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

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

Date Done	Item	Notes
	Emergency food and water	
	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).	
	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 Emergency Preparedness: Taking Responsibility for Your Safety)	
	Food, water, blankets, waste disposal, medication, harness, etc.	
	Daily Items to Grab:	
	Keys	

Date Done	Item	Notes
	Wallet	
	Checkbook	
	Glasses	
	Sunglasses	
	Cell phone	
	Laptop	
	iPad	
	Camera	
	Back-up power source	

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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