



# DISASTER PREPAREDNESS CHECKLIST

***BE PREPARED FOR ANY EMERGENCY***

***(An ADRA Education Awareness Document)***

Prepare now for an emergency. When a disaster strikes, you may not have much time to act. The following list is to help you determine what to include in your disaster supplies kit to meet your family's needs during an emergency situation or evacuation. Store items in an easy-to-carry container such as a waterproof suitcase, large plastic storage box, backpack or duffle bag.

## **FIRST AID SUPPLIES**

### **SUPPLIES**

#### **Examples:**

- ✓ Cotton balls
- ✓ First aid kit and manual
- ✓ Scissors (small, personal)
- ✓ Assorted sizes of safety pins
- ✓ Large, medical grade, non-latex gloves

## **NON-PRESCRIPTION AND PRESCRIPTION MEDICINE**

### **KIT SUPPLIES AND MEDICAL SUPPORT EQUIPMENT**

### **SUPPLIES**

#### **Examples:**

- ✓ Vitamins
- ✓ Anti-Diarrhoea Medication
- ✓ Antacid (for upset stomach)
- ✓ Dentures and cleaning solution
- ✓ Extra eyeglasses/contact lenses and cleaning solution
- ✓ Medical support equipment (wheelchairs – extra battery if motorized, walkers, cane, dressings, oxygen and tubes, feeding equipment, etc). Label all equipment with your name.

## **SANITATION AND HYGIENE SUPPLIES**


### **Examples:**

- ✓ Mirror
- ✓ Deodorant
- ✓ Toilet paper
- ✓ Feminine supplies
- ✓ Washcloth and towel
- ✓ Toothpaste, toothbrushes
- ✓ Lip balm, insect repellent
- ✓ Shampoo, comb and brush
- ✓ Disinfectant and household chlorine bleach
- ✓ Towelettes, body wipes, soap, hand sanitizer
- ✓ Heavy-duty plastic garbage bags and ties for personal sanitation use and toilet paper

## **EQUIPMENT AND TOOLS**

### **Examples:**

- ✓ Work gloves
- ✓ Toys for kids
- ✓ All-purpose knife
- ✓ Manual can opener
- ✓ Needles and thread
- ✓ Cards, games, books
- ✓ Duct tape and scissors
- ✓ Re-sealable plastic bags
- ✓ Paper , pens and pencils
- ✓ Flashlight and extra batteries

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- ✓ Aluminum foil and plastic wrap
  - ✓ Paper cups, plates, plastic utensils
  - ✓ Battery-operated travel alarm clock
  - ✓ Booster cables for car and full tank of gas
  - ✓ Matches in a waterproof container (or waterproof matches)
  - ✓ Household liquid bleach to treat drinking water or water purification tablets in a plastic bag

### **WATER FOR AT LEAST 3-5 DAYS**

#### **Examples:**

- ✓ Snacks
- ✓ Cereals
- ✓ Powdered milk
- ✓ Canned or boxed juices or milk
- ✓ Water (1 gallon per person, per day)
- ✓ Special foods for persons on special diets
- ✓ Ready-to-eat canned meats, fruits, vegetables and soups

### **CLOTHES AND BEDDING SUPPLIES**

#### **Examples:**

- ✓ Complete change of clothes
- ✓ Extra pair of shoes (sturdy shoes or boots)
- ✓ Rain gear
- ✓ Extra socks
- ✓ Extra underwear
- ✓ Blankets/sleeping bags and pillows

## **DOCUMENTS AND KEYS**

### **Examples:**

- ✓ Credit cards
- ✓ Cash and coins
- ✓ Personal Identification
- ✓ Extra set of house keys and car keys
- ✓ Photography of all valuables in home

## **PHOTOCOPIES OF THE FOLLOWING** **(STORED IN WATERPROOF, PLASTIC BAG)**

### **Examples:**

- ✓ Deeds
- ✓ Passports
- ✓ Driver's license
- ✓ Birth Certificate
- ✓ Marriage Certificate
- ✓ Written instructions regarding your medical care
- ✓ Immunization records and copies of prescriptions
- ✓ Wills (including living wills and advance directives)
- ✓ Driving instructions and contact information of where you are going
- ✓ Emergency contact list (family and friends) with phone numbers and addresses
- ✓ Name, phone number, address of your doctors, home health agency, hospital, pharmacists, caregiver
- ✓ A list of models and serial numbers as well as suppliers for medical equipment such as pacemakers, feeding pumps, home IV units, suction machines, wheelchairs, Braille or lower vision equipment, etc.)



## **PET SUPPLIES**

### **Examples:**

- ✓ Cleaning supplies
- ✓ Leashes, collars, harnesses and muzzles
- ✓ Extra food (store the food in sturdy containers)
- ✓ Pet's medical/vaccine records and vet contact information