

# EMERGENCY SUPPLY CHECKLIST

## BASIC KIT

*Supplies for any emergency*

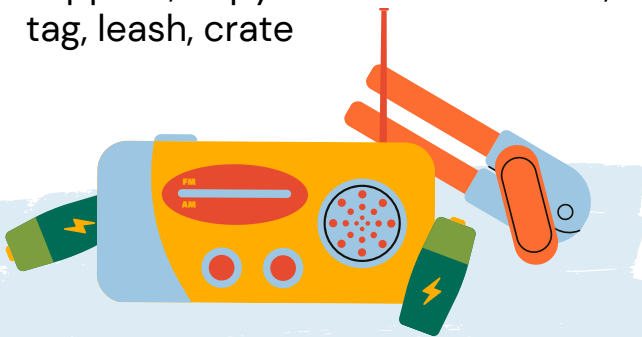
- ☐ Emergency contact information *(include out-of-state contacts)*
- ☐ Copies of important documents and identification
- ☐ Cash or traveler's checks
- ☐ Phone charger and extra battery
- ☐ Prescription medications
- ☐ List of your current medical conditions, medications, and dosages *(i.e. File of Life)*
- ☐ Eyeglasses
- ☐ Face mask for filtering dust or contaminated air **per person**
- ☐ Whistle to signal for help
- ☐ **For homes with infants:** diapers, wipes, baby food, and formula
- ☐ **For homes with pets:** food, supplies, copy of vaccine records, tag, leash, crate



## SHELTER-IN-PLACE

*Supplies for quarantine, isolation, weather event, utilities or communications cut off*

- ☐ Bottled water, **one gallon per person per day for three days**
- ☐ Nonperishable food *(canned, dried, etc.)*
- ☐ Manual can opener
- ☐ Flashlight or lantern with extra batteries *(NOT candles)*
- ☐ First aid kit, manual, and thermometer
- ☐ Battery or hand-crank radio with extra batteries
- ☐ Matches in a waterproof container
- ☐ Household cleaner/disinfectant





## EVACUATION

*Supplies for leaving home*

- ☐ Change of clothes and pair of sturdy shoes **per person**
- ☐ Jacket or coat, hat, mittens, scarf, long pants, and long-sleeved shirt **per person**
- ☐ Sleeping bag or blanket **per person**
- ☐ Sanitation and hygiene items (toilet paper, menstruation products, disposable underwear, etc.)
- ☐ Any necessary medical equipment (CPAP, glucometer, etc.)

## FOR YOU

*Other items for your particular needs*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## VEHICLE KIT

*Supplies to keep in your car*

- ☐ Flashlight with extra batteries and bulbs
- ☐ Local and regional maps
- ☐ First aid kit and manual
- ☐ Jumper cables, tire repair kit, and safety flares
- ☐ Bottled water and nonperishable foods (*granola bars, etc.*)
- ☐ **For cold weather:** blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, fluorescent distress flag
- ☐ **For warm weather:** sunscreen, shade items (*umbrella, sun hat, etc.*)

## ALSO CONSIDER

*Extra supplies you might need*

- ☐ Plastic sheeting and duct tape
- ☐ Plastic garbage bags
- ☐ Fire extinguisher
- ☐ Extra set of keys (*car, house, etc.*)
- ☐ Local and regional maps
- ☐ NOAA Weather Radio, All-Hazard Alert Radio and/or a list of local stations that broadcast the Emergency Alert System
- ☐ Doctors' names and numbers
- ☐ Insurance agent's name and number
- ☐ Copy of eyeglass prescription

# EMERGENCY PLANNING TIPS



## BUILD A KIT

*Assemble supplies  
for an emergency*

Think about which emergencies and weather events **are most likely** in your community and how each might affect you: *earthquakes, hurricanes, winter storms, thunderstorms, flooding, toxic spills, house fires, wildfires, etc.*

Your kit should include enough supplies for **at least three days**. Refer to our [\*Emergency Kit Checklist\*](#) for specific suggestions.

Store your supplies in an **easy to carry container, backpack, or duffle bag** with or without wheels. Consider **vacuum-sealing** certain items to fit more and keep them dry.

**Keep a checklist with your supply kit** so you know what you have and what you need to add at the last minute (*medications, etc.*).

**Label your supply kit** with an ID tag.

Store your supply kit in an **easily accessible** location you'll remember.

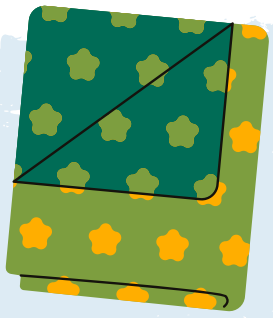
**Store your prescription and essential non-prescription medication** all in one accessible place and in travel-friendly packaging so you're able to add them to your kit quickly in an emergency.

**Label any essential equipment** (*wheelchairs, canes, walkers, etc.*) with your name, address, and phone number. Keep support items in a designated place where they can be found quickly.

Review your supply kit at least **every six months** or **as your needs change** to keep it up-to-date. Replace expired food, medicine, and batteries using the *first in, first out* method.

This brief guide was compiled using *Disaster Preparedness for Seniors by Seniors* by the American Red Cross and resources at [mass.gov](https://www.mass.gov) and [ready.gov](https://www.ready.gov). Find more information at:

**REDCROSS.ORG   MEMA.ORG**  
**FEMA.ORG   AARP.ORG**



# PREPARE YOUR HOME

*Make your space work for you*

**Know where to safely shelter in your home** during extreme weather. In a tornado, ideally shelter in a basement, otherwise, shelter in a bathtub.

**Post emergency numbers near all of your phones.** Consider alternative plans for contacting those in your network if phone lines are not working.

**Test your smoke and carbon monoxide alarms regularly,** changing batteries once per year or according to the manufacturer's instructions.

**Talk to your utility company** about their emergency procedures. Know how and when to turn off water, gas and electricity. Gas requires a qualified professional to turn it back on, which could take several weeks.

**Keep copies important documents in a safe location,** like a fire safe or safe-deposit box: *(birth and marriage certificates, social security cards, passports, wills, financial, insurance and immunization records, etc.).*

**Talk to your insurance agent** to be sure you have adequate coverage.

***If you wear hearing aids or assistive devices,*** consider storing them in a bedside container that is attached to your nightstand using velcro. Some disasters may shift unsecured items, making them difficult to find quickly.

**Plan the best escape routes** out of your home and neighborhood.

**Determine a meeting place** both near your home and outside your neighborhood.

Include your family, friends, neighbors, and caregivers in your emergency plans as you see fit. **Practice your escape drill** every six months.

**Take advantage of advance registration systems** in your area for those who need help during community emergencies.

Ensure someone in your support network has **a key** to your home, knows where to find your **emergency supplies**, and can operate **lifesaving equipment** or administer **medicine**.

# CREATE AN EXIT PLAN

*Know how and where you'll go in an emergency situation*



***If you have pets,*** be prepared to take them with you if you evacuate. Be aware that ***except for service animals,*** pets are not permitted in emergency public shelters. **Make a list** of family, friends, boarding facilities, veterinarians and pet-friendly hotels that could shelter your pets.

***If you receive home care,*** speak with your case manager about their emergency plan and how they can assist with yours.