

# Emergency Kits

At a minimum, you should have two emergency kits prepared: a personal kit that you can keep with you at all times, and a larger kit that you can keep at home. If you have a car, you should have a mobile emergency kit there, as well. Finally, if you have a service animal, you should keep a separate emergency kit to make sure you can care for your animal in the event of a disaster.

Your emergency kits should, at a minimum, allow you to sustain yourself for at least three days. Ideally, your kits should contain supplies for up to seven days. Depending on your disability, you may need items that are not included on the following lists. Please refer to the disability specific tips pages for ideas on additional items you might need.

## PERSONAL EMERGENCY KIT

Your personal emergency kit should contain essential items that you cannot live without, and you should keep it with you at all times.

- Food- 2 meals per day/per person. (Rotate food for freshness)
- Water- 1 gallon per day/per person (Rotate water for freshness)
- First Aid/medical Supplies (also Medical Information- insurance, prescriptions, advance directives, DNRs, etc)
- Tools (to fix equipment. Also consider batteries for items you bring)
- Clothing/Bedding- Consider seasons, and rotate clothing accordingly. Any supportive pillows, blankets and bed items should be included as well)
- Important Documents (Emergency Information List, proof of address, lease agreement/mortgage loan information, insurances, ID's of any kind, passport, social security, birth certificate, etc)

- Misc. Other- Any comfort items, hygiene items, items for pets/service animals, hearing aids, glasses, communication devices, phone charger, cash, cell phone, key ring flashlight, any device that draws attention to yourself
- Other Disability Specific Items: \_\_\_\_\_

## HOME EMERGENCY KIT

- Personal Emergency Kit Items listed on Page 17
- Sturdy gloves to protect your hands from rubble and debris.
- Roll of duct tape and plastic sheeting.
- Can Opener and canned goods- enough to survive 3 days at home with no food or running water.
- Warm blankets
- Other Disability Specific Items:

## CAR EMERGENCY KIT

- Personal Emergency Kit Items listed on Page 17
- Tow Straps
- Jumper Cables
- Reflective traffic triangles, or cones to redirect traffic around your vehicle
- Towels or dry clothing items
- Snacks that are NOT held together by chocolate or honey
- Winter goggles or eye protection of some kind

- Warm gloves/hat/mittens
- Options to use the restroom (in case you are stranded for a long period of time)
- Other Disability Specific Items: \_\_\_\_\_

### **SERVICE ANIMAL EMERGENCY KIT**

- Vaccination records, along with a photo of the animal.
- Food, treats, and water – at least a three-day supply,
- Food and water dishes.
- Brush, shampoo, and other relevant hygiene items.
- Pooper scooper or plastic bags for waste disposal.
- Animal first aid kit (medications, vitamins, contact information for local vet offices, tape, scissors, antibacterial soap, and cotton balls).
- Leashes, Vests, collars, etc.
- Veterinarian information- ID tags/vet tags, or if the animal is chipped, ensure the chip is up to date with address and contact information