

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.

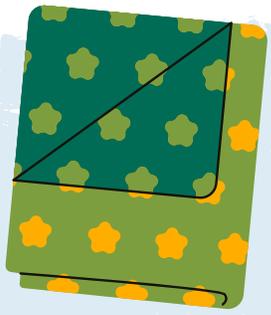
Store your prescription and essential non-prescription medication all in one accessible place and in travel-friendly packaging so you're able to add them to your kit quickly in an emergency.

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](#) and [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.