

BE READY TO GO:

## DISABILITY-SPECIFIC SUPPLIES FOR EMERGENCY KITS

In order to be ready for an emergency no matter where you are, you should prepare different emergency kits for different places and situations:

- A **carry-on-you kit** contains the essential items you need to keep with you at all times.
- A **grab-and-go** kit is an easy-to-carry kit you can grab if you have to evacuate your location in a hurry. This kit has the items you cannot do without and are small enough and light enough that you can carry them.
- A **home kit** is a large kit with water, food, first aid supplies, clothing, bedding, tools, emergency supplies, and items specific to the nature of your disability. It includes all the things you would most likely need if you had to be self-sufficient for days either at home or in an emergency shelter.
- A **bedside kit** contains items you may need if you are trapped in or near your bed and unable to get to other parts of your home.
- A **car kit** includes items you will need if you have to evacuate the area and/or are in or near your vehicle during an emergency.

Tailor the contents of these kits to your needs and abilities. It is ideal to plan for enough supplies to last up to two weeks. Make sure to pack enough medical supplies like syringes, ostomy bags, catheters and padding to last that long. Know what you are able to carry in a fanny pack, backpack or drawstring bag hung from a wheelchair, scooter or other assistive device. Do what is realistic for you.

### Additional Resources:

**Information about emergency supplies:** [www.redcross.org](http://www.redcross.org)

**Information about individual preparedness for people with disabilities, families and support networks:** [www.jik.com/disaster.html](http://www.jik.com/disaster.html)

**Information about taking responsibility for your safety:** <http://lacoa.org/PDF/ESP%2006/ESP%20Disabilities%20Guide%20FINAL%202006.pdf>

The following pages contain checklists you can print out and use for each type of kit you need.

## Carry-on-you Kit

### Everyone

- Emergency health information
- Hard copies of important information (phone numbers, addresses, prescriptions) in case you don't have access to your cell phone or other digital information
- Cell phone
- Cash
- Essential medications
- Flashlights and extra batteries or light sticks
- Extra batteries for oxygen devices, breathing devices, hearing aids, cochlear implants, cell phones, radios, pagers, and/or PDAs
- Copies of prescriptions
- Physician contact information
- Lightweight flashlight (on key ring, etc.)
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell, screecher)

### Wheelchair or Scooter Users

- 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

### Chemical Sensitivities, Breathing Conditions

- Towels, masks, industrial respirators or other supplies you can use to filter your air supply

## Home Kit

### Everyone

- Store kits securely and in a set place so they are easy to find.
- Keep important items in a consistent, convenient and secured place so you can quickly and easily get to them. (Such items include teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eye glasses, contact lenses with cleaning solution, etc.)
- Emergency health information
- Hard copies of important information (phone numbers, addresses, prescriptions) in case you don't have access to your cell phone or other digital information
- Cell phone
- Cash
- Cell phone charger
- Standard telephone (that does not need to be plugged into an electric outlet)
- Other medications
- Flashlights and extra batteries or light sticks
- Extra batteries for oxygen devices, breathing devices, hearing aids, cochlear implants, cell phones, radios, pagers, and/or PDAs
- Emergency food
- Assorted sizes of resealable plastic bags for storing food and waste
- 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
- First aid kit and first aid book

## Home Kit, continued

### **Wheelchair or Scooter Users**

- Keep a lightweight manual wheelchair as a backup if possible

### **Hearing Issues**

- Consider getting a weather radio with a visual/text display that warns of weather emergencies.

### **Vision Issues**

- Mark your disaster supplies with fluorescent tape, large print or Braille.
- Have high-powered flashlights with wide beams and extra batteries.

### **Chemical Sensitivities, Breathing Conditions**

- Towels, masks, industrial respirators or other supplies you can use to filter your air supply
- N95 rated particulate filter mask (protects against dust, radiological dust and biological agents)
- Service animal supplies ([See Emergency Preparedness: Taking Responsibility for Your Safety, p. 11](#))

## Bedside Kit

### Everyone

- Store kits securely and in a set place so they are easy to find.
- Keep important items in a consistent, convenient and secured place so you can quickly and easily get to them. (Such items include teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eye glasses, contact lenses with cleaning solution, etc.)
- Emergency health information
- Hard copies of important information (phone numbers, addresses, prescriptions) in case you don't have access to your cell phone or other digital information
- Cell phone
- Standard telephone (that does not need to be plugged into an electric outlet)
- Essential medications
- Other medications
- Flashlights and extra batteries or light sticks
- Emergency food
- Assorted sizes of resealable plastic bags for storing food and waste
- 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
- Small battery-operated radio and extra batteries
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell, screecher)
- Container that can be attached to the bed or nightstand (with cord or Velcro) to hold hearing aids, eye glasses and cell phones
- Ensure that any oxygen tanks are attached to the wall and that your wheelchair is locked and close to your bed. This helps prevent them from falling, flying or rolling away during an earthquake or other jarring, jolting event.

## Bedside Kit, continued

### **Wheelchair or Scooter Users**

- Keep necessary equipment close to you so you can get to it quickly.

### **Hearing Issues**

- Consider getting a weather radio with a visual/text display that warns of weather emergencies.

### **Vision Issues**

- Mark your disaster supplies with fluorescent tape, large print or Braille.
- Have high-powered flashlights with wide beams and extra batteries.

### **Chemical Sensitivities, Breathing Conditions**

- Towels, masks, industrial respirators or other supplies you can use to filter your air supply
- N95 rated particulate filter mask (protects against dust, radiological dust and biological agents)

## Grab-and-go Kit

### Everyone

- Store kits securely and in a set place so they are easy to find.
- Keep important items in a consistent, convenient and secured place so you can quickly and easily get to them. (Such items include teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eye glasses, contact lenses with cleaning solution, etc.)
- Emergency health information
- Hard copies of important information (phone numbers, addresses, prescriptions) in case you don't have access to your cell phone or other digital information
- Cell phone charger
- Extra batteries for oxygen devices, breathing devices, hearings aids, cochlear implants, cell phones, radios, pagers, and/or PDAs
- Copies of prescriptions
- Emergency food
- Assorted sizes of resealable plastic bags for storing food and waste
- 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
- Small battery-operated radio and extra batteries
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell, screecher)

## Grab-and-go Kit, continued

### **Wheelchair or Scooter Users**

- 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 Issues**

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle.

### **Vision Issues**

- Mark your disaster supplies with fluorescent tape, large print or Braille.
- Have high-powered flashlights with wide beams and extra batteries.

### **Chemical Sensitivities, Breathing Conditions**

- 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](#), p. 11)



## Car Kit

### Everyone

- Emergency health information
- Hard copies of important information (phone numbers, addresses, prescriptions) in case you don't have access to your cell phone or other digital information
- Cell phone charger
- Flashlights and extra batteries or light sticks
- Emergency food
- Assorted sizes of resealable plastic bags for storing food and waste
- Road flares
- Blankets or emergency blankets (should be lightweight, folded to pocket size, made of a reflective material which reflects up to 80% of your radiant body heat to help keep you warm)
- Tools (screwdriver, pliers, wire, pocket knife, can opener, duct tape)
- First aid kit and first aid book
- Booster cable
- Reflective vest
- Rain poncho
- State and local maps

### Speech or Communication Issues

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle.

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