

Disaster Preparedness for People with Disabilities

Step 1: Prepare Emergency Supply Kits

In order to prepare your supply kits, consider how an emergency would affect your individual needs. Think about the supplies you use daily, and what you would need to make it on your own for at least three days. Below are two checklists, one to prepare in the case of evacuation and one to prepare if you are staying put.

Checklist for Evacuation

To Do:

Move valuables, personal papers, family photos and important computer disks that you may not be able to take with you to a water proof container on the highest level of your home

General Items:

- Cash or travelers' checks and coins (banks may close and ATMs may be inoperable)
- Credit cards: also make a copy of the back of your credit cards (the back has contact numbers you may need—especially if you lose them)
- Extra set of house keys and car keys
- Personal identification (Driver's license/Passport)
- Social Security cards

Personal Items:

- Deodorants, sunscreen, lip balm, insect repellent
- Shampoo, comb/brush, razor, shaving cream
- Tooth paste, toothbrushes
- Towelettes, soap, hand sanitizer
- Medications, vitamins
- Light blanket, small pillow, washcloth, and towel
- Outerwear appropriate to the climate
- Water, snacks, etc.

Copies of the Following (keep these items in a portable container):

- Bank account numbers
- Birth certificate
- Deeds
- Emergency contact list and phone #s
- Immunization records
- Insurance papers
- Inventory of household goods
- Map of the area and phone numbers of places you could go
- Marriage certificate/Divorce papers/Custody orders
- Medical information, prescriptions, dosage/treatment info, doctor/pharmacy contact
- School report cards/ IEPs, if child is in school
- Stocks and bonds
- Wills, powers of attorney

Pet Supplies:

- Medications, medical records and a first-aid kit in a waterproof container
- Sturdy leashes, harnesses and/or carriers
- Secure collars with up-to-date information
- Current photos in case pets are lost
- Food, water, bowls, cat litter pan
- Information on feeding schedules, medical conditions, behavior in case you have to foster or board your pets

Checklist if you decide to stay at home rather than evacuate

Clothes and Bedding Supplies:

- Blankets/sleeping bags and pillows
- Complete change of clothes with extra socks and underwear
- Hat and gloves, thermal underwear, rain gear, sunglasses
- Sturdy shoes or boots

Sanitation and Hygiene Supplies

- Contact lens solutions
- Deodorants, sunscreen, lip balm, insect repellent
- Feminine supplies
- Mirror, razor, shaving cream
- Shampoo, comb, and brush
- Toilet paper
- Tooth paste, toothbrushes
- Towelettes, soap, hand sanitizer
- Disinfectant and household chlorine bleach
- Washcloth and towel
- Medium-sized plastic bucket with tight lid
- Heavy-duty plastic garbage bags and ties for personal sanitation uses
- A small shovel for digging a latrine

Equipment and Tools

- Flashlight and extra batteries
- Whistle to signal for help
- First aid kit
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Dust mask to help filter contaminated air
- Plastic sheeting and duct tape to shelter- in-place
- Local maps
- Assorted nails, wood screws, and rope
- Chain saw and extra gas
- Compass

- Matches in a waterproof container (or waterproof matches)
- Work gloves
- Pliers, screwdriver, hammer, crowbar (to turn off utilities)
- Portable, battery-powered radio or television and extra batteries
- Shut-off wrench, shovel, other tools
- Signal flare
- Tube tent

Kitchen Items:

- All-purpose knife
- Aluminum foil and plastic wrap
- Household liquid bleach to treat drinking water
- Manual can opener
- Mess kits or paper cups, plates, and plastic utensils
- Needles and thread
- Paper, pens, and pencils
- Resealable plastic bags
- Small canister, ABC-type fire extinguisher
- Small cooking stove and a can of cooking fuel
- Soap and liquid detergent
- Sugar, salt, pepper

Food and Water That You Need With You

- 3-day supply of non-perishables
- Canned or boxed juices, milk (or powdered milk), and soup
- High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix
- Ready-to-eat meats, fruits, and vegetables
- Special foods for infants or persons on special diets
- Water (3 gallons per person) in any clean containers—bathtubs, bottles, pots, etc.

Excerpted from:

Prepare for the Worst: How CILs Can Assist INDIVIDUALS in Disaster Preparation -- IL NET Newsletter -- Updated June 2006 (<http://www.ilru.org/html/publications/newsletters/2006/Prepare.html>)

Considerations for Individuals with Access and Functional Needs (<http://www.ready.gov/individuals-access-functional-needs>)