

Basic Emergency Preparedness Supply List

- ➔ Metabolic geneticist name and contact information _____
- ➔ Dietitian name and contact information _____
- ➔ Primary care provider or pediatrician name and contact information _____
- ➔ Local hospital/emergency room name and contact information _____
- ➔ Pharmacy name and contact information _____
- ➔ Formula manufacturer name and contact information _____
- ➔ Formula prescription _____
- ➔ Medication manufacturer name and contact information _____
- ➔ Medication prescription _____

- Emergency letter with diagnosis and treatment plan from genetics clinic
- Bottled water (one gallon a day per person for drinking and sanitation)
- Gatorade and/or Pedialyte
- Non-perishable foods, can opener, and infant formula (a three-day supply – be sure to plan for each member's likes/dislikes)
- Mess kits, or plastic utensil and paper goods for eating and drinking
- Cooler and ice packs
- Flashlights
- Radio
- Batteries
- First-aid kit and first-aid booklet
- Toiletry items: Soap and/or liquid sanitizer; wet wipes; toothbrushes and paste; powdered hair cleaner; hairbrush; feminine protection items, deodorant, etc.
- Diapers – as needed for infants or others with incontinence concerns
- Paper towels, toilet paper, wet wipes
- Ziploc bags and garbage bags to dispose of personal sanitation items

- Small comfort and entertainment items for each of your children (let them be a part of deciding what they might like in the container, and perhaps add an extra surprise item or two).
- Extras of personal medications and medical equipment supplies (see specific recommendations in the remaining sections of this document)
- Emergency health information in a waterproof container: Copies of medical insurance card and/or Medicaid/Medicare cards; contact information of doctors; a health history for each member of the family that includes necessary and pertinent health history/information (allergies, medications, copies of current prescriptions, etc.)
- Copies of other important family documents in a waterproof container: Insurance policies; identification papers; social security cards; driver's license; bank account records; deed of your home/properties
- Extra credit card, cash, traveler's checks, and/or change
- Paper and pen/pencil
- Dust masks and old cotton t-shirt (helps filter air if needed)
- Plastic sheeting and duct tape (to create further barriers, if needed)
- Fire extinguisher
- A whistle (to signal for help)
- One extra change of clothing for each family member (appropriate clothing should be considered based on the climate in your area, and the possibility of power outage)
- Jacket/coat and hat/gloves for each family member, if needed for your area
- Rain poncho for each member
- Sturdy pair of shoes for each member
- Warm blanket or sleeping bag for each member
- Pet meal and water bowls
- Water and pet food for three days
- Pet medications
- Leash
- Pet chews and toys
- Pet bedding/blanket
- Necessary items for pet elimination and cleanliness, as well as items for clearing/disposing

SPECIAL CONSIDERATIONS

Along with the specific information provided in each section of this document, you may want to consider the following:

- ➔ **MEDICATIONS:** Those with private insurance or who are Medicaid/Medicare will want to check with their providers on what to do to ensure you have enough medication in case of a disaster or emergency.

If time does not allow for you to get to your regular pharmacy in the event of an emergency, you will want to discuss how and where you can secure necessary medication with your provider.

➔ **MEDICAL DEVICES:** Plan accordingly with your insurance and Durable Medical Equipment supplier as to how to gain extra supplies for emergency preparation kits. Be certain to have contact information and knowledge as to where to go

and what to do to get more supplies during emergency situations.

➔ **COMMUNICATION:** If a loved one has a disability that impacts their ability to communicate, you may want to have extra communication tools stored in your emergency supplies. Temple University's Institute on Disabilities also has a free, downloadable emergency communication tool, found at: disabilities.temple.edu/programs/eprep/

ONGOING: Review/Renew and Keep Up-To-Date

REVIEW/RENEW

It is recommended you check the status of your emergency supply containers every six months. Put a reminder on your calendar to perform a quick “check and re-stock” on May 1st (just prior to start of hurricane season, and other types of common summer storms) and December 1st (before the height of winter weather for many parts of the country).

Consider changing out items that are near or have passed their expiration dates. If items have become damp or mildewed, change them out for new items and store them in more individualized, waterproof containers, if possible (i.e. paper goods, or each set of clothing in separate Ziploc bags that are then stored in lidded plastic containers). Also remember to change out items that are too small or no longer necessary for your various family members. If you have added a member to your immediate family, be sure to add all necessary items for that newest member.

Make sure flashlights, the radio, and any other stored equipment are still operable. Exchange the extra batteries for new ones. Paperwork, insurance cards, and other related items may need to be updated and changed out.

If the health status and needs of a loved one has changed, be sure to make the necessary additions or exchanges to their specific medical supplies, equipment and paperwork.

Finally, use this six month review/renew time to double-check the status of your home’s emergency equipment such as smoke alarms, fire extinguishers, and any alert systems installed at your home. It can also be the reminder to update your overall family emergency plan and review/practice the plans with the family.

KEEP UP-TO-DATE

State and local emergency management agencies use various emergency alert systems to inform the public of pending disasters. You may want to set up your mobile device or other

technologies available to you and your family members to receive such alerts. You can do so through your local television or radio stations, the National Weather Service’s wireless emergency alerts, or other state entities managed by the Federal Communications Commission (FCC).

You might also go to the Integrated Public Alert and Warning System Authorities website to learn what emergency alert services are available in your area.

Stay updated with work and school emergency policies and procedures, especially if you have a change of work or educational sites. In the event you move to a new locale, be sure to update all supplies, plans and paperwork accordingly.

OTHER RESOURCES

We encourage you to “read more about it!” Websites are always being updated, and local situations are ever changing. Also, your family circumstance may require more knowledge about emergency preparedness than offered here, especially as changes occur within your family. For further helpful information and support, please check out the following resources.

To learn more about general emergency preparedness, go to:

- Federal Emergency Management Agency (FEMA): [fema.gov/faq-details/Preparing-for-a-disaster-1370032124282](https://www.fema.gov/faq-details/Preparing-for-a-disaster-1370032124282)
- FEMA’s Preparedness-Specific Resource Site: [Ready.gov](https://www.ready.gov)
- The American Red Cross – Be “Red Cross Ready”: [redcross.org/get-help](https://www.redcross.org/get-help)
- Centers for Disease Control: [emergency.cdc.gov](https://www.emergency.cdc.gov)
- Centers for Disease Control: [cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html](https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html)

To learn more about emergency planning and procedures in case of evacuation, go to:

- Ready.gov: [ready.gov/evacuating-yourself-and-your-family](https://www.ready.gov/evacuating-yourself-and-your-family)
- The National Association of Realtors “HouseLogic”: [houselogic.com/finances-taxes/home-insurance/home-evacuation-checklist/](https://www.houselogic.com/finances-taxes/home-insurance/home-evacuation-checklist/)
- Centers for Disease Control: [cdc.gov/childrenindisasters/checklists/index.html](https://www.cdc.gov/childrenindisasters/checklists/index.html)

If you don't find the specific medical condition you or your loved one may have within this document, you may find further help specific to your needs at:

- The American Red Cross's guide on "Preparing for Disaster for People with Disabilities: [redcross.org/prepare/location/home-family/disabilities](https://www.redcross.org/prepare/location/home-family/disabilities)
- The National Fire Protection Association: [nfpa.org/public-education/by-topic/people-at-risk/people-with-disabilities](https://www.nfpa.org/public-education/by-topic/people-at-risk/people-with-disabilities)
- Easter Seals' "Safety First" initiative: [easterseals.com/explore-resources/making-life-accessible/safety-first.html](https://www.easterseals.com/explore-resources/making-life-accessible/safety-first.html)
- Temple University's Institute on Disabilities: disabilities.temple.edu/programs/eprep/
- A couple of organizations provide a large selection of links on preparation and readiness that are disability-related or condition-specific, such as: Deaf/Hard of Hearing; Visual impairments; Mobility disability; Psychiatric disability; Speech/Language/Communication disabilities; Alzheimer's disease; and other chronic health conditions

- [cdc.gov/disasters/chronic.html](https://www.cdc.gov/disasters/chronic.html)
- sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html

- The Association of University Centers on Disability also provide a large selection of resources at their website regarding a variety of different disability and medical conditions: [aucd.org/template/page.cfm?id=544](https://www.aucd.org/template/page.cfm?id=544)

For further help in regards to pets and service animals:

- American Society for the Prevention of the Cruelty of Animals: [aspca.org/pet-care/general-pet-care/disaster-preparedness](https://www.aspca.org/pet-care/general-pet-care/disaster-preparedness)
- FEMA: [fema.gov/helping-pets](https://www.fema.gov/helping-pets)
- Ready.gov has several toolkits, including the "Community Pet Preparedness Toolkit": [ready.gov/toolkits](https://www.ready.gov/toolkits)
- The American Red Cross: [redcross.org/prepare/location/home-family/pets](https://www.redcross.org/prepare/location/home-family/pets)