

Virginia Department of Emergency Management (VDEM)

Emergency Preparedness Kit Supply Checklist

This checklist is to provide individuals with disabilities and access and functional needs with a list of supplies that are suggested for an Emergency Preparedness Kit. The goal is to tailor the contents of the kit to an individual's needs and abilities. It is ideal to include supplies for **3 days** or up to two weeks, but should also be realistic and affordable for an individual. The kit should be stored in a secured place that is easily assessable in an emergency.

<input checked="" type="checkbox"/>	Emergency Preparedness Kit Supplies
	A backpack, suitcase or duffle bag with wheels or another container that an individual can manage without difficulty
	In a waterproof container hardcopies of: drivers license or passport; birth certificate, marriage license; social security card; personal and property insurance; banking and credit card information; health information (list of the type and model numbers of medical devices required); doctor contact information; pet's veterinary medical records and pictures (for emergency identification if separation occurs); medical insurance and Medicare cards, list of emergency contacts with phone numbers; and prescriptions
	Durable medical equipment such as: manual wheelchair; motorized scooters; canes; walkers, CPAP machine and breathing mask; blood sugar monitors, glucose test strips, and needles; crutches, infusion pumps and supplies; oxygen equipment and accessories; commode chairs; continuous passive motion machine; or other items required by an individual
	Extra batteries for oxygen; breathing devices; hearing aids; cochlear implants; cell phone; radios; CPAP machine; and mobile devices
	A patch kit or can of sealant to repair flat tires and/or an extra supply of inner tubes for non-punctures-proof wheelchairs/scooter tires
	Essential medication (prescribed) at a minimum of 3 days up to 2 weeks if possible
	Other medications at a minimum of 3 days up to 2 weeks if possible
	Cooler for medication that needs to be refrigerated
	Hearing aids; cochlear implants; and batteries
	Glasses, contact lenses and lens solution
	Communication device and charger; pad of paper and writing implement; pre-printed Braille or text communication cards; or photos as a method of communicating with others
	Signaling device (whistle, horn, beeper, bell, screecher, or alarm) for emergency assistance
	N95 mask; towels; industrial respirators or other item to assist individual with filtering air supply
	First aid kit
	Hand cranked or battery operated flashlights and extra batteries or light sticks
	Battery powered weather radio (available with visual/texting display) and extra batteries
	Bottled water (1 gallon per a person a day); packaged snacks; and non-perishable food for individuals with dietary restrictions (3 days supply)
	Infant supplies (bottles, formula, baby food, and diapers) (3 days supply)
	Change of clothing
	Blankets and/or sleeping bag; Pillow
	Tissues; toiletries (toothbrush, toothpaste, Towelettes, etc); personal hygiene items
	Garbage bags; assorted sizes of re-closable plastic bags for storing food, waste, etc; and utensils
	Hand sanitizer
	Lighter/matches in a waterproof container

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Emergency Preparedness Kit Supplies	
	Heavy duty work gloves to protect hands from sharp objects
	Reflective vest
	Multi-purpose tool, wrench, screw-driver
	Manual can opener
	Rain poncho
	Duct tape and scissors
	State and local maps
	Handheld electronic devices and spare chargers loaded with games and movies
	Sheets and twine to decrease visual stimulation
	Headphones or ear plugs to decrease auditory distractions
	Books, games, puzzles, and other activities for children
Service Animal Emergency Preparedness Kit Supplies	
	A backpack, suitcase or duffle bag with wheels or another container that an individual can manage without difficulty
	In a waterproof container hardcopies of the medical records; list of vaccinations; and photo (for emergency identification if separation occurs)
	Food and water (3 day supply) – a dog will need 1 gallon of water for 3 days
	Food and water bowls
	Manual can opener
	Pet first aid kit
	Garbage bags; paper towels; scoop/shovel for picking up waste
	Comfort items such as a toy or blanket
	Leash or harness

This list may not be inclusive of all needs of individuals with disabilities and access and functional needs. If there are additional items not listed, but needed, they should be included in the kit as well.