

Be Prepared: Your Emergency Checklist



For older adults and people with disabilities

Emergencies happen fast, and when they do it may take a while to receive assistance. Planning ahead for resources you need helps ensure your safety and care during crucial times.

Go Bag vs. Stay Kit

Go Bags should include the items you will need if you are ordered to evacuate. Go Bag items have supplies that are ready to go, such as:

- Cash
- Charging devices
- Clothes/shoes
- Important documents
- Medications

Stay Kits can help meet your needs during an emergency if you stay in your home. They are similar to Go Bags but include additional items such as:

- Batteries
- Food
- Lights
- Water

Emergency Supplies Kit

- Batteries
- Can opener (manual)
- Device chargers
- Flashlight
- First aid kit
- Food (canned, boxed, packaged)
- Prescription medications
- Water: one gallon per person, per day

Safety Plan

- Cash
- Emergency contacts (family, friends, caregivers)
- Extra key(s)
- Identification
- Insurance info
- List of doctors, pharmacies, prescriptions
- Medical information: Download and complete the [File of Life](#) forms for first responders
- Plan how you will evacuate with any assistive devices
- Transportation needs

Pet Safety

- Bedding, crate/carrier
- Emergency shelter (neighbors, friends, family or vet)
- Extra water
- Food and meds (bowls, too)
- ID (collar, tags)
- Travel gear (leash, harness, etc.)



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