

STOCK YOUR EMERGENCY KIT WITH THE FOLLOWING ITEMS:

- ☐ Water (one gallon per person per day for several days, for drinking and sanitation)
- ☐ Food (at least a several-day supply of non-perishable food)
- ☐ Family photos, family mementos, and other keepsakes to take with you if you need to evacuate
- ☐ Flashlight
- ☐ First aid kit
- ☐ Extra batteries
- ☐ Whistle (to signal for help)
- ☐ Copies of Medicare, Medicaid, and insurance policies
- ☐ Copies of trust or will
- ☐ Copies of homeowner's or rental insurance and car insurance
- ☐ Personal documents such as ID (make sure they are up to date)
- ☐ Dust mask (to help filter contaminated air)
- ☐ Plastic sheeting and duct tape (to shelter in place)
- ☐ Wrench or pliers (to turn off utilities)
- ☐ Manual can opener (for food)
- ☐ Local maps
- ☐ Cell phone with chargers and a backup battery
- ☐ Pet food and supplies
- ☐ Medicine and medical supplies (a few days worth if possible)
- ☐ A complete list of medications and your doctors' phone numbers



ADDITIONAL PREPAREDNESS KIT CHECKLIST FOR SPECIFIC GROUPS:

Older Adults with Disabilities

- ☐ Include assistive devices (hearing aids, mobility aids) and spare batteries.
- ☐ Keep a list of your support network and their contact information.
- ☐ Include food and supplies for service animals.
- ☐ _____
- ☐ _____

Older Adults with Limited Resources

- ☐ Look for discounted or free resources for building your emergency kit.
- ☐ Explore community resources that offer assistance during emergencies.
- ☐ Organize key financial and insurance documents in a water proof container that is easily accessible and portable.
- ☐ _____
- ☐ _____

Older Adults in Rural Areas:

- ☐ Stock up on essential supplies that might be difficult to obtain during emergencies.
- ☐ Create a network of neighbors who can help during crises.
- ☐ Have a backup power source and reliable means of communication.
- ☐ _____
- ☐ _____

**“FACE DISASTERS
armed
WITH A PLAN”**