INTERNATIONAL ALLIANCE
OF ALS/MND ASSOCIATIONS

Emergency Supplies Checklist

Source:
The forms in this document were adapted from the Alaska Department of Health publication: Get Ready! Alaska’s emergency preparedness toolkit for people with disabilities.
### Emergency Supplies checklist:

- The purse or bag you usually use.
- Extra money. Keep the amounts small, like five or one-dollar bills and quarters, dimes and nickels. (ATMs may not work during a power outage.)
- Bottled water and water purification tablets.
- Food: store enough canned or dried food to last 7 days.
- First Aid supplies and fire extinguisher.
- Can opener.
- Paper towels.
- Plastic bags for throwing away the trash.
- Toilet paper and feminine products.
- Hand sanitizer or liquid soap.
- Bleach for making water drinkable (see next page for instructions).
- Paper to write on and pens, pencils or crayons.
- Cell phone. Save your emergency contacts’ phone numbers under the name ICE, which stands for In Case of Emergency. Police officers or firefighters may access the number if you need help.
- Health information card.
- Emergency papers, like vaccination records and insurance policy numbers.
- Medicine and copies of your prescriptions. Make sure you have enough medicine to last at least 7 days.
- Health information card.
- Emergency papers, like vaccination records and insurance policy numbers.

- A flashlight that runs on batteries or can be wound.
- Signalling device, like a whistle or bell.
- Small radio that runs on batteries or can be wound.
- Watch or clock that can be wound.
- Blankets and sleeping bags.
- Extra batteries.
- Walking stick.
- Cookstove with fuel and matches.
- Heavy gloves.
- Duct tape
- Plastic sheeting.
- Cloth tape to wrap your feed under your socks to prevent blisters.
- A full change of clothing.
- Extra socks.
- Comfortable shoes.
- Special equipment specific to your needs, like extra contact lenses or glasses, communication devices, laptop computers, hearing aids and batteries, or mobility aids.

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International Alliance of ALS/MND Associations: Emergency Preparedness for PALS & CALS