



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:

<ul style="list-style-type: none"><input type="checkbox"/> The purse or bag you usually use.<input type="checkbox"/> 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.)<input type="checkbox"/> Bottled water and water purification tablets.<input type="checkbox"/> Food: store enough canned or dried food to last 7 days.<input type="checkbox"/> First Aid supplies and fire extinguisher.<input type="checkbox"/> Can opener.<input type="checkbox"/> Paper towels.<input type="checkbox"/> Plastic bags for throwing away the trash.<input type="checkbox"/> Toilet paper and feminine products.<input type="checkbox"/> Hand sanitizer or liquid soap.<input type="checkbox"/> Bleach for making water drinkable (see next page for instructions).<input type="checkbox"/> Paper to write on and pens, pencils or crayons.<input type="checkbox"/> 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.<input type="checkbox"/> Health information card.<input type="checkbox"/> Emergency papers, like vaccination records and insurance policy numbers.<input type="checkbox"/> Medicine and copies of your prescriptions. Make sure you have enough medicine to last at least 7 days.<input type="checkbox"/> Health information card.<input type="checkbox"/> Medicine and copies of your prescriptions. Make sure you have enough medicine to last at least 7 days.	<ul style="list-style-type: none"><input type="checkbox"/> A flashlight that runs on batteries or can be wound.<input type="checkbox"/> Signalling device, like a whistle or bell<input type="checkbox"/> Small radio that runs on batteries or can be wound.<input type="checkbox"/> Watch or clock that can be wound.<input type="checkbox"/> Blankets and sleeping bags.<input type="checkbox"/> Extra batteries.<input type="checkbox"/> Walking stick.<input type="checkbox"/> Cookstove with fuel and matches.<input type="checkbox"/> Heavy gloves.<input type="checkbox"/> Duct tape<input type="checkbox"/> Plastic sheeting.<input type="checkbox"/> Cloth tape to wrap your feet under your socks to prevent blisters.<input type="checkbox"/> A full change of clothing.<input type="checkbox"/> Extra socks.<input type="checkbox"/> Comfortable shoes.<input type="checkbox"/> Special equipment specific to your needs, like extra contact lenses or glasses, communication devices, laptop computers, hearing aids and batteries, or mobility aids.<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
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