

Emergency Supplies Checklist

If you need to evacuate your home in an emergency, you should have a 3-day supply of food, water, and medical supplies for yourself and your pets. If you need to stay in your home during an emergency, you should have enough supplies for yourself and your pets to last up to 2 weeks.

Gather all of your supplies in one place, so that they are ready to go and easily accessible when an emergency occurs. Pack your items in a backpack, wheeled suitcase, or watertight container that is easy to take with you.

If you have dementia (or you are assisting someone with dementia), be sure that you pack the following supplies:

Identification bracelet for person living with dementia and caregiver (to alert others of caregiver role in case you become separated) such as a [MedicAlert® Foundation ID](#) bracelet or [ROAD iD®](#)

A pillow, toy, prayer beads, photo album, or other item that will bring comfort

Favorite games, puzzles, books, or anything else that will help you feel calm in a new place

A playlist of your favorite music or movies downloaded on a smartphone or iPad and headphones

If you are assisting someone with dementia, include a recent photo in case you become separated

Critical Medical Supplies

A supply of your medications and any supplies necessary to administer medications (i.e., diabetes supplies)

Empty plastic bottles or sharps containers for syringes, needles, and lancets

Durable medical equipment, assistive devices, CPAP machine, and portable oxygen (include extra batteries or backup power source)

Your wheelchair, if you use one

A pen or pencil and a notepad, to write down any signs or symptoms of medical problems

Standard Emergency Supplies

One gallon of water per person, per day

Canned and dried foods that do not need cooking, any special foods for diabetes, and any favorite snacks or high nutrient drinks, including a manual can opener

A cell phone, portable charger, battery pack, and charger cable

A flashlight with extra batteries and bulbs

A battery-operated or hand-crank radio to tune into [National Oceanic and Atmospheric Administration](#) weather radio

A first-aid kit and manual (also include pet first aid supplies if applicable)

A multi-purpose tool (several tools that fold up into a pocket-sized unit)

Sanitation and personal hygiene items (toilet paper, plastic garbage bags, disposable wipes, antibacterial hand wipes, disposable gloves, face mask)

Two to three changes of clothing, with extra underwear, socks, and sturdy shoes or boots

Seasonal gear. For winter, pack a jacket, hat, mittens, scarf, and snow boots; for summer, include SPF 30+ sunscreen lotion and an umbrella or wide-brimmed hat

Reflective clothing for safety in the dark

A sleeping bag or warm blanket

Cash and coins (note that ATMs may not be accessible)

Maps of the local area

A whistle, to attract the attention of emergency personnel

An extra set of house keys and safe deposit box key

A deck of cards for entertainment and to help pass the time

Pet Supplies

Pet food in an airtight, waterproof container

Water and a water bowl

Medicines and medical records stored in a waterproof container

Flea and tick prevention

A collar with an ID tag, harness, and leash

A crate or pet carrier

Pet sanitation supplies, such as pet litter, disposable litter trays (aluminum roasting pans will work), newspapers, paper towels, plastic bags, and household chlorine bleach to use as a disinfectant

Favorite toys, chew toys, treats, or bedding to reduce stress for your pet

Up-to-Date Copies of Personal Documents

You'll want easy access to the personal documents in this list. It's important to keep the originals in a secure place, such as a safe deposit box. Consider keeping important legal documents with your attorney.

Any documents that think you will need immediately can be kept in your wallet, stored in a waterproof bag, or even saved as a photo on your smartphone, as long as your smartphone is protected by a password. Other documents can be stored online on a protected cloud storage site or shared with a friend or relative you trust who lives out of your area.

Important Contacts form

My Medical Conditions and Care Needs form

Driver's license or state ID, Social Security card, Social Security numbers

Medicare and health insurance cards

A utility bill to show proof of residence

A photo of yourself with other household members and any pets updated every 6 months

Legal documents such as advance directives, powers of attorney, wills, court orders, and child support or custody agreement

Birth certificates, adoption papers, marriage certificate

Citizenship documents, naturalization papers, and passports

Financial information such as bank account numbers, credit card numbers and contact information, and documents about your investments

Real estate documents such as titles, leases, deeds, mortgages, or closing papers

Vehicle titles

Insurance policies, policy numbers, coverage limits, agent contact information, and home inventory

Pet registration information, adoption papers, and vaccination and medical records