

# Personal Emergency Checklist



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	<b>Daily prescription medications</b>
	<b>Infant formula or diapers</b>
	<b>Important family documents</b>
	<b>Pre-charged batteries</b>
	<b>Important documents, including birth and marriage certificates</b>
	<b>Personal Emergency Information</b>
	<b>Keep a personal emergency information card with you at all times containing your name, the nature of your disability, and what actions you need taken because of your disability.</b>
	<b>Whatever is important for you to have</b>

# Emergency Supplies Checklist



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	<b>Water</b>
	<b>Food</b>
	<b>Battery-powered radio and/or a NOAA Weather Radio with tone alert and extra batteries</b>
	<b>Flashlight and extra batteries</b>
	<b>Whistle</b>
	<b>Dust mask</b>
	<b>Wrench or pliers</b>
	<b>Can opener</b>
	<b>Toilet paper, Tissues or paper towels, baby wipes</b>
	<b>Plastic sheeting and duct tape</b>
	<b>Garbage bags and plastic ties</b>

# First Aid Kit Checklist



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	<b>Sterile gloves/Sterile dressings</b>
	<b>Cleansing agent/soap</b>
	<b>Antibiotic wipes and ointment</b>
	<b>Burn ointment</b>
	<b>Adhesive bandages</b>
	<b>Thermometer</b>
	<b>Prescription medications</b>
	<b>Cell Phone and extra Batteries</b>
	<b>Scissors/Tweezers</b>
	<b>Tube of petroleum jelly</b>
	<b>Aspirin or nonaspirin pain reliever</b>
	<b>Anti-diarrhea medication</b>
	<b>Antacid</b>
	<b>Laxative</b>