



Emergency Supply Kit

For Older Adults

Use this checklist to create your 3 Day Supply Kit

The Basics

- ☐ Water, one gallon per person per day
- ☐ Food, non-perishable food and can opener if kit contains canned food
- ☐ Battery-power or hand crank radio and a Weather Radio with tone alert
- ☐ Flashlight and extra batteries
- ☐ First Aid Kit
- ☐ Whistle to signal for help
- ☐ Dust mask to protect breathing passages
- ☐ Moist towelettes, garbage bags and plastic ties for sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Pet food, extra water and supplies for your pet or service animal

Medications and Supplies

- ☐ 1 week supply of essential medications and supplies you use for treatment.
- ☐ Keep a copy of all prescriptions as well as dosage or treatment information.
- ☐ Talk to your doctor or pharmacist about what else you should prepare.
- ☐ Talk to treatment providers about routine treatments (dialysis, oxygen, therapy, etc.). Identify alternative treatment and/or transportation plans.
- ☐ Include backups for eyeglasses, batteries for hearing aids, wheelchair batteries and ensure you always have extras available at all times

Documents

- ☐ Family Records
 - ☐ Wills, Power of Attorney Documents
 - ☐ Deeds
- ☐ Social Security and Retirement Information
- ☐ Credit Card, bank information, and tax records
- ☐ Names and numbers of everyone in your support network

Pets and/or Service Animals

- ☐ Water and non-perishable food for at least 3 days
- ☐ Leash, crate, or carrier
- ☐ Vaccination records
- ☐ Picture of you and your pet together
- ☐ If possible, have your pet chipped

Communication

- ☐ Extra charger or battery bank for your cell phone
- ☐ Learn how to text (SMS) message and use social media from a cell phone
- ☐ Have a communication plan to keep your support network updated
- ☐ Register for community alert and warning programs
- ☐ If you have functional or access needs, consider registering with the Department of Social Services, Department on Aging, or local Emergency Management Office

For Additional Information visit: www.ready.gov/seniors

Emergency Planning



For Older Adults

Use this checklist to create your Support Network

WHO CAN YOU COUNT ON?

Often, during the initial period of a crisis our safety depends on helping each other. Most of us are very willing to help those who may need assistance. Our actions may be limited by not understanding how best to offer help. Building a personal support network, we know we can count on and who counts on us. And we will be ready to help!

- **Identify Members of Your Support Network:** A personal support network can consist of friends, roommates, family members, relatives, personal attendants, coworkers, and neighbors who will check in with you in an emergency to ensure you are OK and provide assistance if needed. Do not depend on any one person. Identify a minimum of three people at each location where you regularly spend your time: job, home, school, volunteer site, etc.
- **Meet With Your Network Members:** Invite members of your network to a planning get-together (making it a social event by adding coffee, tea, and cookies works well). During this session:
 - Discuss each other's needs and how you can help one another. Explain how you may need different help in the event of an evacuation, power outage, darkness, or other conditions.
 - Provide written emergency contact information with key phone numbers of relatives and medical professionals. Include relevant medical information, such as the types of medications, doses, and locations where items can be found. Also, note any vital things to check in the event of a fall or other injury.

MY SUPPORT NETWORK

CONTACT #1

NAME

ADDRESS

HOME PHONE

CELL PHONE

ASSISTANCE THEY
PROVIDE

NAME

ADDRESS

HOME PHONE

CELL PHONE

ASSISTANCE THEY
PROVIDE

CONTACT #2

NAME

ADDRESS

HOME PHONE

CELL PHONE

ASSISTANCE THEY
PROVIDE

PLACE THIS IN YOUR KIT ONCE COMPLETE