Creating Your Emergency Kit
Create an Emergency Kit that is specific to you. Most importantly pack items you NEED like medication and supplies for your special needs, food and water. Be sure to also include items you LIKE such as food you enjoy, comfort items, and things to keep you busy like crossword puzzles to help you stay comfortable in what can be a stressful situation.

Plan seven days’ worth of supplies and use a backpack so each person can carry their own.
**Items to include:**
- Water (1 gallon/person/day)
- Food /Formula (3 days)
- Hand crank radio
- Flashlight
- First Aid Kit
- Moist towelettes
- Wrench pliers to turn off utilities
- Can opener
- Local maps
- Cash
- Blankets
- Important documents
- Shoes
- Picture of individual
- Matches
- Mess Kits
- Paper Pencil
- Games, puzzles
- Sanitary supplies
- Diapers
- Plastic sheeting
- Duct Tape
- Whistle
- Gloves
- Change of Clothes
- Calming item

**Are you Prepared? Here’s a Checklist:**
- ✔ Do you have a current care plan and list of medications from your physician?
- ✔ Do you have emergency information forms filled out?
- ✔ Do you have a minimum of 1–2 week supply of medications and supplies?
- ✔ Do you have backup systems or plans for medical equipment that requires electricity?
- ✔ Have you filled out your Smart911 Safety Profile to designate your unique needs?
- ✔ Do you have an emergency plan at home, school, job, and/or other locations
Regional Resources:

www.alerthc.org: If you live or work in Hamilton County, Ohio. Get Emergency Alerts for Severe weather, Safety, Health, Utility Disruptions, Major Traffic Accidents, and Community Alerts

https://bit.ly/DisabilityPreparedness: A video discussing how to: Prepare for the impacts of disasters, create an emergency plan with the assistance of a caregiver, and understand the necessary steps for Sheltering In Place, Community Sheltering, and Evacuating. Additional content includes a discussion with an individual who has Cerebral Palsy and his caregiver about their strategy for preparation.

FEMA Resources:

www.ready.gov: Fillable plans & cards available online that help you collect important information so that it is in one easy-to-find location.

www.ready.gov/disability: For individuals with disabilities or those with access and functional needs. You will find specific tips and helpful instruction about emergency preparedness.