

Emergency Preparedness Kit—Over the age of 65 or Disabled



- Extra Batteries for Oxygen/Breathing devices and Hearing Aids
- Extra Medications (At least 3 day supply)
- Copies of Medication Prescriptions
- Copy of Emergency Contacts
- Copy of Emergency Healthy Information
- Medical ID Bracelet
- Extra Glasses
- Copies of Personal Identification
- Extra Cane, Manual Wheelchair, or Other Mobility Assistance
- Extra Oxygen Tanks
- Listed of Serial Numbers of Medical Devices and Equipment
- Pre-Printed Copy of Important Personal Statements (For those who use ASL)
- Additional Medical Supplies Like Syringes, Coolers, and Icepacks
- Food, Water, Blankets, Disposable bags, Medication, Leash, Harness for Service Animals

Please use the Individual Emergency Preparedness Kit check list to ensure that you have all of the basic items in your preparedness kit. This list will help you to plan additional items for those over age of 65 or disabled.

Having copies of prescriptions, additional copies of insurance cards, and medical ID bracelets can help a responder better assist you in an emergency situation. Moving prescriptions to a pharmacy with multiple locations may provide easier access to needed medications.

Your preparedness kit should be stored in a space that is easy to access and contents should be checked routinely to ensure medications, additional food, and medical supplies are up to date.



Emergency Preparedness Kit—Individual

- Water One gallon of water per person per day for at least 3 days
- Food At least a 3 day supply of non-perishable food
- Flashlight and Extra Batteries
- Candles or battery operated heat source
- Battery or Hand Crank Radio
- Blanket
- First Aid Kit
- Emergency Whistle
- Dust Mask to help filter potentially contaminated air
- Plastic sheeting and duct tape for sheltering in place (Recommend: 4 to 6 mil or greater)
- Moist Towelettes, Garbage Bags, and Plastic ties for personal sanitation
- Wrench or Pliers to turn off utilities
- Manual Can Opener
- Local Maps
- Battery Operated cellphone charger
- Plastic Tote or Backpack



An emergency can happen fast and can be localized to a few people or affect large groups of individuals. For this reason, you should always be prepared to help yourself. One way to ensure that you are able to take care of yourself until help arrives is to have a pre-made preparedness kit. An individual should have enough supplies in their preparedness kit to sustain themselves for 3 days or 72 hours.

Preparedness kits should be tailored to the individual and may need to include extra items such as glasses, contacts, medications, and medical ID bracelets. Other items that should be included in a preparedness kits include: cash, insurance cards, photo identification, important documents, and extra house and car keys.

Preparedness kits should be kept in your home, at work, and in your car. You never know when an emergency event may occur and you should be prepared!

