Emergency Kit “Go Bag” List

- Written list of emergency contacts with phone numbers and addresses
- One week supply of medications, list of medications and frequency taken, personal medical information and any food or drug allergies
- Flashlight with extra batteries
- Bottled water
- Snacks that won’t spoil
- Dust mask to help filter air
- Copies of
  - Personal identification
  - Credit/ATM cards
  - Birth certificate
  - Insurance cards
  - Other important papers
    (in a waterproof container or Ziploc bag)
- First aid kit
- Whistle or horn to signal for help
- Baby wipes or moist towelettes
- Personal hygiene items
- A list that includes model and serial numbers for walkers, wheelchairs, hearing aids, communication devices and other medical supplies you use

Health Emergency (Covid-19) Items

- Hand sanitizer
- Masks
- Gloves
- Soap
- Toilet paper, Paper towels
- Disinfectant wipes
- Thermometer
- Over the counter medications