

# DISASTER PREPAREDNESS CHECKLIST

Per person and minimum of three days' supply

## TO GO KIT

**Carry all must be large and sturdy enough to hold the essentials, small enough to grab on the run. If you are not able to carry a bag, a duffel bag on wheels works.**

- Personal essentials (travel-sized toiletries)
- Medications (dosages and Physician's contact info)
- Glasses, Hearing Aid + batteries, dentures
- Snack, water bottle
- Clothing for 2-3 days
- Family/Friends Phone Numbers
- Emergency Blanket
- Local Map
- Pet Supplies (food and water, carrier/cage, muzzle/leash, food bowls, medications, supplies for your service animal, shot records and proof of ownership)
- Extra set of car/house keys
- COVID Supplies: Face mask, disinfectant wipes, and hand sanitizer
- Reading material
- Comfort/Calming item: photos, prayer book, etc.

## FOR BOTH

- Share your evacuation route and communication plan ahead of time with family and caregivers (keep notes accessible).
  - Documents: Place copies of vital records such as birth and marriage certificates, social security cards, passports, wills, deeds, financial, insurance, and immunizations records in your bag (protect your records by placing them inside of a Ziploc bag or waterproof container)
  - Family and friend's emergency contact, (see link to form on the back of this page)
  - First Aid Kit (should include bandages, gauze pads, petroleum jelly, scissors, cleaning agent, gloves, and others)
  - Solar battery phone charger
  - Flashlights (do not use candles)
  - Whistle (to signal for help)
  - Cash (work toward \$100.00, smaller bills)
  - Adult Diapers, if needed
  - Oxygen tanks, etc
- \*Add a note that communicates impairment or illness\***

## AT HOME KIT

- Food (start with enough for at least 3 days, working toward 7 days; nonperishable or canned foods.)
- Any special dietary items.**
- Non-electric can opener
  - Water (1 gallon per person, at least 3 days)
  - Pet Supplies (food and water for at least seven days)
  - A power/solar NOAA radio
  - Batteries
  - Fire Extinguisher
  - Basic tools for emergency home repairs
- TO DO:**
- Keep phone charged and car gas tank full
  - Make sure your carbon monoxide detectors are operating
  - Consider using a back-up power source to ensure vital medical equipment stay on during a power outage.
  - Turn your fridge to the coldest setting so that if you lose power, it will stay cooler for longer.

## Other Items You Might Need

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Important Websites

- Real time State Emergency Information: evacuation and sheltering ([readync.org](http://readync.org))
- Reliable Weather and Forecast Information ([noaa.gov](http://noaa.gov))
- Federal Emergency Management Agency ([fema.gov](http://fema.gov))
- Department of Social Services County Contact ([ncdhhs.gov/media/2368/open](http://ncdhhs.gov/media/2368/open))
- Información de recursos durante desastres y información del tiempo ([enlacinonc.org](http://enlacinonc.org))

## Other Local Information and Websites

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Important Numbers

- **911** for Emergency Services
- **211** for Information and Resources

## Emergency Contacts

**In Town:** Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Out of Town:** Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Doctor:** Name: \_\_\_\_\_ Number: \_\_\_\_\_

**Pharmacy:** Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_