

BASIC NEEDS

- ☐ **Water**
(one gallon per person per day for at least 3 days)
- ☐ **Non-perishable food**
(enough for everyone for at least 3 days)
- ☐ Flashlight
- ☐ First aid kit
- ☐ Battery powered radio
- ☐ Extra batteries
- ☐ Hygiene items like wipes and hand sanitizer
- ☐ Manual can opener
- ☐ Cell phone chargers and portable charging port
- ☐ Cash
- ☐ A change of clothes
- ☐ Copies of important family documents like IDs, insurance policies and bank account info

Add-on: ACCESS AND FUNCTIONAL NEEDS

- ☐ 7-day supply of prescription medications
- ☐ List of medications, dosages and prescribing doctors
- ☐ EpiPen or other emergency allergy medication
- ☐ Copies of written medical plans or other care plan documents
- ☐ Contact information for specialists, therapists and other care providers
- ☐ Chargers or backup batteries for medical devices (hearing aids, monitors)
- ☐ Comfort items for sensory needs (weighted blanket, fidgets, familiar textures)
- ☐ Communication tools if needed (picture cards, AAC device backup, written scripts)

Add-on: INFANT - TODDLER

- ☐ Diapers
- ☐ Baby wipes
- ☐ Baby food and snacks (if applicable)
- ☐ Feeding items (e.g. bottles, cups, spoons)
- ☐ Diaper rash cream
- ☐ Re-sealable bags for dirty diapers and clothing
- ☐ Extra clothes, blankets, burp cloths and bibs
- ☐ Towels
- ☐ Cleaning supplies for infant feeding items
- ☐ Toys, pacifiers and comfort items
- ☐ Baby first aid (medications, thermometer)
- ☐ Portable crib and carrier
- ☐ Noise cancelling headphones

If feeding breast milk:

- ☐ Disposable nursing pads
- ☐ Breast milk storage bags
- ☐ Cooler with ice packs
- ☐ Breast pump and extra batteries, or a manual pump

If feeding formula:

- ☐ Ready-to-feed instant formula in single serving cans or bottles
- ☐ Preparation materials
- ☐ Bottled water for mixing

Add-on: KIDS 5 AND UP

- ☐ Extra clothes
- ☐ Baby wipes
- ☐ Children's first aid and medication
- ☐ Toys and comfort items
- ☐ Non-electronic entertainment (e.g. coloring, board games)
- ☐ Kid-friendly non-perishable food and snacks