

Emergency Supplies Checklist for Texans with Disabilities and Special Health Care Needs

Hurricane season begins June 1, but don't wait until then to prepare for a disaster. If you live in a hurricane evacuation zone and have special needs, plan ahead of time.

If you cannot drive or make acceptable transportation arrangements, then dial 2-1-1 for assistance. The transportation registry offered through 2-1-1 will ensure that you receive a ride if ordered to evacuate by local officials.

Checklist for Those with Special Needs

Whether it's on public transportation or with a private group, the following checklist includes items that you may need if evacuating. This list should be adjusted to meet the needs of your special situation.

- Medical equipment and assistive devices: glasses, hearing aid, catheters, augmentative communication devices, cane, wheelchair, scooter, walker, dressing aids, oxygen, tubing, feeding supplies, drinking straws, etc; label each with your name/contact information; have extra batteries on hand
- List of model numbers or serial numbers of medical devices and equipment
- Medical alert tags or bracelets and a written description of your disability-related or health care conditions
- Medication and copies of all prescriptions, including a list of the prescription name, dosage, frequency, doctor, and pharmacist. Also consider if medications need to be refrigerated; if so, bring a cooler with an ice pack or other coolant system.
- Hygiene supplies including absorbent pads and urinal as needed, and personal grooming items such as toothbrush, toothpaste,

deodorant, soap, towel, washcloth, comb, brush

- Phone numbers and names of your physicians or other health care providers, health insurance information, emergency contact information including your support network members
- Supplies for a service animal including food, identification tags, proof of up-to-date vaccinations, and veterinarian contact

Recommended Checklist for All Evacuees

These items will be useful during any type of emergency you face. Keep these items in a container that is easy to transport, such as a backpack or a small suitcase with wheels.

- 3-day supply of non-perishable food, one gallon of bottled water per person per day
- First-aid kit
- Important documents and records, photo IDs, proof of residence, information you may need to process insurance claims
- Extra keys
- Cash (power outages mean banks and ATMs may be unavailable)
- Battery-operated radio and flashlight with extra batteries
- Road maps, a travel plan, hotel reservations, list of places between your town and your destination where you can stop if the highways are clogged
- Coolers for food and ice storage, paper plates, plastic utensils
- Manual can opener, knife, tools, booster cables, fire extinguisher, duct tape, tarp, rope
- Blankets, pillows, sleeping bags, and extra clothing

Materials adapted for use in Texas by Lisa Norman, Extension Assistant—Emergency Preparedness, Texas AgriLife Extension. June 2007. Original content developed by Texas Governor's Division of Emergency Management.