

Disaster Medical Preparedness Checklist

Basic First-Aid

- Absorbent compress dressings
- Adhesive bandages
- Adhesive cloth tape
- Antibiotic ointment packets
- Antiseptic wipe packets
- Instant cold compress
- Pair of nonlatex gloves
- Gauze roll (roller) bandage
- Sterile gauze pads
- Oral thermometer
- Triangular sling
- Tweezers
- Emergency First Aid instructions
- Face masks
- Cotton balls

Keep multiple kits in different areas if possible (home/car)

Hygiene

- Clean water (see nutrition)
- Moist towelettes
- Garbage bags (heavy duty)
- Plastic ties
- Soap hand and body)
- Hand Sanitizer
- Disinfectant wipes
- Feminine Supplies
- Changes of clothes and shoes
- Antiperspirant/deodorant
- Toothbrush and toothpaste
- Washcloth
- 2-in-1 shampoo/conditioner
- Comb/hairbrush
- Tissues
- Toilet paper
- Bucket for toilet

Medication

- Prescriptions (especially for those with life threatening diseases or disorders)
- Pain relievers/fever reducers (aspirin, ibuprofen, acetaminophen, naproxen, benzocaine)
- Digestive and antidiarrheal medications (Pepto Bismol, Imodium, electrolytes, laxatives, antacids)
- Wound care (burn cream, antibiotic ointment, quick clot)
- Cold and flu (cough syrup/drops, vapor rub, decongestants)
- Skin/allergy (oral antihistamines, Benadryl or Claritin, anti-itch creams, fungal creams)
- EpiPen
- Immunity boosters
- Inhaler

Nutrition

- Water (one gallon per person, per day, for drinking and sanitation)
- Food (non-perishable, 1700 calorie minimum per adult person, per day)
- Supplements for children under 5 or pregnant/breast-feeding women or the malnourished

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Elder/Disability/Diabetes

- Journal for extra reminders on what to do/contact info
- Adult diapers
- Mobility aids (crutches/wheelchairs/railings/walkers/prosthetics/braces)
- Make sure someone else has access to your home (neighbor, nurse, family)
- Insulin as well as emergency snacks to help with low blood sugar
- Oxygen tank (no flame or gas when using)
- Hearing aids
- Glasses with lens wipes
- Noise-canceling headphones/safe textured clothing
- Generators for refrigerating medicine and/or ventilators
- Medical alert tags/bracelets
- Printed communication cards for those with communication impairments
- Service animal resources
- Blood sugar monitoring- chargeable or battery powered meters
- CPAP with a charged battery pack (save extra water if it uses a humidifier)
- Insulin (refrigerate as long as possible, 2-3 hrs. and don't let it reach more than 86 degrees)
- Resuscitation bags

Documents and Money

- Any documents should be sealed watertight and put away safely as well as spare cash (insurance, birth certificate, social security card, passport, will)
- Always keep contact information on-hand

Infant Care

- Baby formula, readymade baby food, or pureed regular food (enough for a whole week)
- Diapers
- Baby Wipes
- Lactation support for mother (vitamins, battery powered pump)
- Boiler or sterilization tablets/drops to keep supplies clean
- Additional water
- Pack pre-sterilized bottles, containers, teething rings, and binkies
- Infant carrier/a place to put baby safely when needed
- Sealable baggies for used diapers
- 1 or 2 spare outfits that can be layered with a head covering for the cold
- A facemask for the infant or toddler

Supplies

- Hand-powered/battery powered flashlights and lamps
- Batteries of all types, including phone
- Matches (in waterproof container)
- Radio (hand crank, NOAA weather radio)
- Emergency kerosene heater in case of cold
- Stove
- Water filters
- Fuel
- Fire extinguisher
- Blankets and sleeping bags, insulated
- Whistle
- Extra chords/charging blocks.
- Paper, pens, and pencils
- Mobile phone