

# SURVIVAL KIT CONTENTS

## Food and Water

- 1 gallon of water per person per day for at least 3 days or Water purification system
- At least 3-day supply of non-perishable food, for example: Ready-to-eat canned meats, fruits, vegetables
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Ice or frozen bags of water
- Can opener

## Basic Supplies

Flashlight  
Head lamp  
First aid kit  
Extra batteries  
Whistle  
Backup generators  
Hand sanitizer  
Cash or traveler's checks  
Matches in a waterproof container  
Feminine supplies  
Personal hygiene items  
Type ABC fire extinguisher  
Sunscreen  
Mosquito repellent  
Solar Charger  
Phone Charging Cord  
Emergency Blanket  
First aid kit  
Poncho/Rain gear  
Scissors  
Emergency Contact list containing all physicians' and medical professionals' contact information

## Medical Supplies

- 14 DAY SUPPLY OF MEDICINE
- 14 DAY SUPPLY OF CATHETERS (AND LUBRICANT IF NEEDED)
- 14 DAY SUPPLY OF BOWEL MANAGEMENT SUPPLIES
- ANTIBACTERIAL HAND WIPES AND OR HAND SANITIZER
- HYGIENE WET WIPES AND TOILET PAPER
  - KEEP ALL SUPPLIES IN WATER PROOF OR RESISTANT BAG
- NON-LATEX GLOVES
- FEMALES- COMPACT MIRROR AND ADDITIONAL FEMALE HYGIENE PRODUCTS
- NECESSARY NON-PRESCRIPTION MEDICATIONS
- LIST OF MEDICATIONS
- CONTACTS: MD, MEDICAL SUPPLIER/VENDOR
- KNOW YOUR CATHETER ITEM NUMBER/REFERENCE # IN THE EVENT YOU NEED MORE AND NEED TO CONTACT YOUR VENDOR
- KNOW YOUR REFERENCE # FOR OSTOMY SUPPLIES IF APPLICABLE TO YOU IN THE EVENT YOU NEED TO CONTACT YOUR VENDOR

## List of Tools for your chair

- CRESCENT WRENCHES: 10 MM AND 7/16
- SET OF STANDARD AND SET OF METRIC ALLEN WRENCHES
- ROHO PUMP (IF ROHO CUSHION USER)
- ROHO PATCH KIT
- AIR PUMP FOR TIRES
- FIX A FLAT
- OR SPARE TIRE INTERTUBE

*Call 311 or 411 to get shelter information in your area if need to evacuate your home*

## If you are evacuating, be sure to also pack:

- Sleeping arrangements (blankets, sleeping bags, pillows, bed sheets)
- Cushions, splints, braces

Check with your county's shelter program for any specific items you are expected to supply

## Other tips:

- Know the size and weight of your wheelchair in addition to whether it is collapsible, in case it has to be transported.
- Show others how to operate your wheelchair
- Pack insurance and medical contact information