



**Disaster Planning:  
Go Bag**

[alphaonenow.org](http://alphaonenow.org)

[cumberlandcounty.org/ema/](http://cumberlandcounty.org/ema/)

The following is a list of the things you may need to manage your disability should you be required to evacuate your home and/or apartment during a natural or man made disaster. In all aspects of your personal care you must use your judgment and take with you at least a three day supply of products that apply to you.

The following is not meant to be all inclusive; it is to give you ideas.

*\*You may need prescriptions for some or all of the asterisked items, especially if you use MaineCare, Medicare Rx, or a private health insurance.*

Once you build your "Go Bag", consideration should be given to rotating food, water and medications so none of it goes bad on you.

**Hygiene**

- special soaps or oils
- wash basin
- nail clippers, file, scissors
- shampoo, crème rinse
- comb, brush, hair dryer
- toothpaste, toothbrush, dental floss, mouth wash
- denture care products
- deodorant
- razor, shaving cream
- cosmetics
- back washer
- cotton-tips for ears and nose
- tissues
- eyeglass cleaner and extra pair of glasses or contacts

**Respiratory**

- batteries
- portable oxygen tanks with nasal cannula or mask delivery system
- prescriptions
- home remedies/drugs for common cold symptoms
- Bag Valve Mask
- cleansing aids for bipap machine

## Skin Care

- cushion for wheelchair and spare covers if it is frequently soiled
- special mattress and spare covers if it is frequently soiled
- lotion or special creams\*
- hand mirror(s)
- sheepskin or positioning pillows or rolls

## Nutrition

- equipment for eating and food preparation
- multi-vitamins and diet supplements
- special diet information, description of hard to find items
- special properly packaged dietary items
- bottled water

## Bladder Care

- urinal
- bedpan
- menstrual aids
- pads or briefs
- catheters, insertion kits and supplies\*
- leg and night bags with cleansing solution\*
- pH paper\*
- bed pads
- medications\*

## Bowel Care

- bedpan and cleaner brush and solution
- bed pads
- suppositories\*
- gloves (at least one (1) box of unsterile)
- large tube of personal lubricant jelly
- small garbage bags
- bathroom disinfectant spray
- home remedies in use now (e.g., laxative)
- medications\*

## Adaptive Equipment

- transfer aids (transfer board, etc.)
- reachers

## Other

- medication (prescription/non-prescription) – know what it is, when to take it, why you take it, and possible side effects

- thermometer
- medical alert bracelet
- a brief written medical history and list of current medications for use by EMS
- cleansing solution for wheelchair or walker
- spare parts for wheelchair and other equipment
- battery charger for power chair
- list of consumable supplies, what stock you have, and the date you expect to need restocking
- make a list of doctors, supply companies, wheelchair repair services, etc., and bring it with you
- if you use a Personal Assistant, make sure they will be available during a natural or man made disaster. If not, make arrangements for alternate help. Also, any Personal Assistant will need their own "go bag"
- keep all important documents/papers with you; ID, insurance card, credit card, cash, etc.
- battery powered radio and cell phone with extra batteries
- large flashlight or lantern with extra batteries or crank type
- clothes and foot wear-bring at least one full change of clothes and "worst case" weather gear for rain, snow, cold, etc.

### **Pets and Service Animals Checklist**

The content of this section is from "Disaster Supplies Kit," developed by the Federal Emergency Management Agency and the American Red Cross.

- food and water for at least three days for each pet and/or service animal, food and water bowls and a manual can opener
- depending on the pet and/or service animal, litter and litter box or newspapers, paper towels, plastic trash bags, grooming items, and household bleach
- pet medications and medical records stored in a waterproof container, first aid kit, and a pet first aid book
- sturdy leashes, harnesses, and carriers to transport pets to safety and to ensure that your pet cannot escape. A carrier should be large enough for your pet to stand comfortably, turn around and lie down. Your pet may have to stay in the carrier for hours. Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets. Small animals may require blankets or towels for bedding and warmth, and other special items
- pet toys and pet's bed, if you can easily take it, to reduce stress
- current photos and descriptions of your pets to help others identify them in case you and your pets become separated and to prove that they are yours
- information on feeding schedules, medical conditions, behavior problems and the name and telephone number of your veterinarian in case you have to board your pet or place them in foster care

### **First Aid (optional)**

- weather tight box or bag
- First Aid manual
- four pairs of sterile plastic gloves

- band- aids (variety of sizes)
- bandages (sterile gauze)
- antiseptic
- cleaning solution
- aspirin or non-aspirin pain reliever
- antibiotic ointment or cream
- adhesive first aid tape
- elastic bandage
- liquid soap and/or moist towelettes
- small pair of sharp scissors and tweezers
- safety pins
- thermometer
- eye wash solution
- antacids
- anti-diarrhea medication
- rolled gauze bandage
- antiseptic wipes
- small flashlight with extra batteries
- CPR mask, for doing CPR
- disposable instant cold packs

#### **Tool Kit (optional)**

- screwdrivers:  straight  Phillips
- hammer
- pliers
- wheelchair wrench
- spoke tightener tool
- battery tester
- adjustable wrench
- set of Allen wrenches
- oil or lubricant
- grease
- extra screws that fit your wheelchair
- extra inner tube
- patch kit for tires, mattress, or cushion
- Velcro and Duct tape

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