



National Network

Information, Guidance and Training on the Americans with Disabilities Act

Call us toll-free
1-800-949-4232 V/TTY

Find your regional center at
www.adata.org

Provided By:
Pacific ADA Center
1-800-949-4232 (Voice/TTY)
(510) 285-5600 (Voice/TTY)
adatech@adapacific.org
www.adapacific.org



Bedside Emergency Supplies Kit Checklist

The Bedside Emergency Supply Kit contains essential items you may need if you are trapped in or near your bed and unable to get to other parts of your home.

Keep important items in a nightstand next to your bed so you can quickly and easily access them. Include items such as a cell phone, medication, water, and a flashlight in your Bedside Emergency Supply Kit. Use this checklist as a tool to ensure you have the necessary items in your Bedside Emergency Supply Kit.

Date	Item	Notes
	Important hardcopy information:	
	Emergency health information ¹	
	Copies of emergency contact lists. ²	
	Other important items:	
	Cell phone	
	Standard telephone (that does need to be plugged into an electric outlet)	
	Essential medications	
	Flashlights and extra batteries, light sticks	
	Emergency food	

¹ Sample form at <http://cdihp.org/products.html#savvy>

² Emergency Contact Checklist Tip Sheet (<http://adapacific.org/emergency/checklists.php>)



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Date	Item	Notes
	Assorted sized of re-closeable plastic bags for storing, food, waste, etc.	
	Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while moving over glass and rubble.	
	Battery operated radio and extra batteries	
	Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher personal alarm).	
	Container that can be attached to bed or nightstand to hold hearing aids, eye glasses, cell phone, etc., oxygen tank attached to the wall, wheelchair locked and close to bed.	
	Wheelchair or Scooter Users:	
	Keep needed equipment close to you and secured so you can get to it quickly.	
	Hearing Needs:	
	Weather radio with a visual/text display that warns of weather emergencies or an app for cell phone or tablet.	
	Vision Needs:	
	Mark your disaster supplies with fluorescent tape, large print, or braille.	
	High-powered flashlights with wide beams and extra batteries.	
	Sensitivities, Breathing Needs:	
	Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	
	N95 rated particulate filter mask – protects against dust, radiological dust and biological agents.	



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For more information, call and speak to an ADA specialist at **1-800-949-4232**. All calls are confidential.

Content was developed by the Pacific ADA Center, and is based on professional consensus of ADA experts and the ADA National Network.



A member of the ADA National Network

555 12th Street, Suite 1030

Oakland, CA 94607

Toll Free: 800-949-4232 V/TTY

Local: 510-285-5600 V/TTY

Fax: 510-285-5614

<http://www.adata.org/>

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