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.

### Bedside Emergency Supplies Kit Checklist

<table>
<thead>
<tr>
<th>Date</th>
<th>Item</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Important hardcopy information:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Emergency health information¹</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Copies of emergency contact lists.²</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Other important items:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cell phone</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Standard telephone (that does need to be plugged into an electric outlet)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Essential medications</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flashlights and extra batteries, light sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Emergency food</td>
<td></td>
</tr>
</tbody>
</table>

¹ Sample form at [http://cdihp.org/products.html#savvy](http://cdihp.org/products.html#savvy)

² Emergency Contact Checklist Tip Sheet ([http://adapacific.org/emergency/checklists.php](http://adapacific.org/emergency/checklists.php))
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<tr>
<td></td>
<td>Assorted sized of re-closeable plastic bags for storing, food, waste, etc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Battery operated radio and extra batteries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher personal alarm).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

**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.
Bedside Emergency Supplies Kit Checklist

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

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<th>Content was developed by the Pacific ADA Center, and is based on professional consensus of ADA experts and the ADA National Network.</th>
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<td>This information product was developed under grants from the Department of Education, NIDRR grant numbers H133A110014 and grants from the Department of Health and Human Services, NIDILRR grant numbers 90DP0021 and 90DP0015. The contents do not necessarily represent the policy of these Departments, and you should not assume endorsement by the Federal Government.</td>
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