



# 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](http://www.adata.org)

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## Carry On You Emergency Supplies Kit Checklist

The Carry on You Emergency Supplies Kit is for essential items you need to keep with you at all times. Keep important items in your purse, briefcase or backpack so you can quickly and easily access them.

Include items such as a cell phone, cell phone charger, cash, and medication. Use this checklist as a tool to ensure you have the necessary items in your Carry on You Emergency Supplies Kit.

Date	Item	Notes
<b>Important hardcopy information:</b>		
	Emergency health information <sup>1</sup>	
	Copies of emergency contact lists. <sup>2</sup>	
	Copies of medication prescriptions	
<b>Other important items:</b>		
	Cell phone and charger	
	Cash (small bills and change)	
	Essential medications	
	Light weight small flashlight (on key ring, etc.)	

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

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



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	Small whistle (on key ring, etc.) or other noise-making item to draw attention for emergency assistance	
	Small Sharpie™ pen (writes on anything)	
	Batteries or power for critical devices, if possible	
	Wheelchair or Scooter Users:	
	A patch kit or can of "sealant" to repair flat tires and/or an extra supply of inner tubes for non-puncture-proof wheelchair/scooter tires.	
	Label equipment with simple 'how to use/move' instructions (for example, how to "free wheel" or "disengage the gears" of your power wheelchair). Attach to equipment and laminate for sturdiness.	
	Speech or Communication Needs:	
	A pre-printed copy of key phrase or picture messages	
	Hearing Needs:	
	A pre-printed copy of key phrase messages such as: <ul style="list-style-type: none"><li>• "I use American Sign Language (ASL)."</li><li>• "I do not write or read English well."</li><li>• "If you make announcements, I will need to have them written simply or signed."</li></ul>	
	Vision Needs:	
	Mark your disaster supplies with fluorescent tape, large print, or Braille.	
	Sensitivities, Breathing Needs:	
	Towels, masks, industrial respirators or other supplies you can use to filter your air supply.	

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**

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