The following is a list of the things you may need to manage your disability should you be required to “shelter in place” during a natural or man made disaster. In all aspects of your personal care you must use your judgment and have at least a seven 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.

**First Aid**

- [ ] 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

**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

Respiratory

☐ humidifier
☐ batteries
☐ oxygen tanks - 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; a spare cushion if yours is breakable, spare covers if yours is frequently soiled
☐ special mattress with spare covers if yours 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
☐ nonperishable food supply with manual can opener
☐ special diet information, description and hard to find items
☐ special properly packaged dietary items
☐ water - one gallon per person per day

Bladder Care

☐ note of last check-up, date, results, and doctor
☐ urinal
☐ bedpan
☐ menstrual aids
☐ pads or briefs
☐ toilet paper
☐ catheters, insertion kits and supplies*
☐ leg and night bags with cleansing solution*
☐ pH paper*
☐ measuring containers*
☐ bed pads
☐ medications

Bowel Care

☐ bedpan 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, hoyer lift, etc.)
☐ back up wheelchair
☐ reachers
☐ grab bars for toilet and shower
☐ bench bath seat
☐ hand held shower head
☐ shower/commode chair

Tool Kit

☐ 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
Other

☐ medication (prescription/non-prescription) – know what it is, when to talk, 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
☐ 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 have by the phone
☐ 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, “Shelter in Place” items
☐ 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
☐ any required supplies, food and water for any pets and/or service animals you may have

Note: Funding for this program was provided by U.S. Department of Homeland Security Grant Program through Maine Emergency Management Agency and the Cumberland County Emergency Management Agency