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It is important to be prepared for an emergency as preparation helps to











1. Reduce fear & anxiety
2. Increase likelihood of survival & healthy outcomes
3. Adjust to limited resources during times of disaster.

Your personal emergency kit should contain essential items that you cannot live without. Items should be placed in a sturdy, durable container & kept in a place that is easily accessible in your home. Let's pack an emergency preparedness kit that you can use at home or take with you in case of evacuation:

## Your emergency preparedness kit should include:

-  Water – pack a minimum of 72 hours of fresh water
-  Food – 72 hours' worth of non-perishable food items
-  A flashlight or light sticks
-  Extra batteries – for flashlight, radio, breathing devices, cochlear implants, cell phones, hearing aids, etc.
-  Battery-operated or hand crank radio
-  First aid kit
-  7-day supply of Rx medications
-  A Whistle or other signaling device – something to capture attention in your direction
-  At least one change of clothing – it is recommended to have protective clothing and a pair of sturdy shoes
-  A blanket (s)
-  Cash – do not count on credit and debit cards during times of emergency
-  Cell phone and charger
-  Personal hygiene items – deodorant, soap, sanitary pads, etc.
-  Other disability specific equipment – cane, walker, eyeglasses, etc.
-  Copies of important documents – birth certificate, passport, insurance policies & medical information
-  Family and emergency contact information

## Additional supplies to consider:

-  Anti-bacterial wipes, plastic bags, garbage bags to assist with clean up
-  Multi-purpose tool
-  Duct tape
-  Pet food & extra water for your pet
-  Sleeping bag
-  Fire Extinguisher
-  Pencil and paper
-  Local maps
-  Can opener
-  Books, games, puzzles – for kids and adults!

There are many helpful resources available online. For additional tips and guidelines, visit [SCEMD, Family Emergency Kit](#) or [Red Cross, Survival Kit Supplies](#).

Sources:

1. [Emergency Preparedness Workbook for People with Disabilities](#)
2. [SCEMD, Family Emergency Kit](#)
3. [Red Cross, Survival Kit Supplies](#)

We are here to assist with your emergency preparedness. Call 800-681-6805.

[able-sc.org](http://able-sc.org)