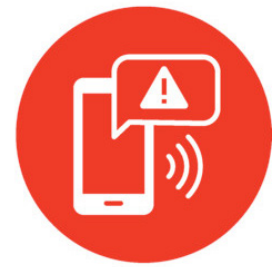




MAKE A PLAN



BUILD A KIT



BE INFORMED

AARP 50+ Preparedness Checklist for Caregivers

✓ **“Grab & Go” Bag: Evacuate For Up To 3 Days**

✓ **“Shelter In Place” Bag: For Up to 7 Days**

“Grab & Go” Bag (3 days)	“Shelter in Place” Bag (7 days)
<p>Food & Water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Three (3) days of non-perishable food (ready to eat) <input type="checkbox"/> One gallon of water per person per day for at least 3 days <input type="checkbox"/> Pet food and water for at least 3 days <input type="checkbox"/> Plastic plates, cups and utensils <input type="checkbox"/> Hand operated can opener <input type="checkbox"/> Paper towels 	<p>Food & Water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Seven (7) days of non-perishable food (ready to eat) <input type="checkbox"/> One gallon of water per person per day for at least 7 days <input type="checkbox"/> Pet food and water for at least 7 days <input type="checkbox"/> Plastic plates, cups and utensils <input type="checkbox"/> Hand operated can opener <input type="checkbox"/> Paper towels <input type="checkbox"/> Ice chest and ice
<p>Personal Health & Hygiene</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hand sanitizer/Disinfectant wipes <input type="checkbox"/> Travel size soaps, shampoos and lotions <input type="checkbox"/> Mouthwash, toothbrush, toothpaste <input type="checkbox"/> Vision/eye care products/glasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> Insect repellent <input type="checkbox"/> Medications (prescription and over the counter) <input type="checkbox"/> Medical supplies (hearing aids with extra batteries, syringes, canes, etc.) <input type="checkbox"/> Toilet paper <input type="checkbox"/> Change of clothing and sturdy shoes <input type="checkbox"/> Blanket or sleeping bag <input type="checkbox"/> Ice packs and small cooler for medications 	<p>Personal Health & Hygiene</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hand sanitizer/Disinfectant wipes <input type="checkbox"/> Travel size soaps, shampoos and lotions <input type="checkbox"/> Mouthwash, toothbrush, toothpaste <input type="checkbox"/> Vision/eye care products/glasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> Insect repellent <input type="checkbox"/> Medications (prescription and over the counter – include pill box) <input type="checkbox"/> Medical supplies (hearing aids with extra batteries, syringes, canes, etc.) <input type="checkbox"/> First Aid Kit <input type="checkbox"/> N95 or surgical masks <input type="checkbox"/> Toilet paper <input type="checkbox"/> Garbage bags <input type="checkbox"/> Household bleach <input type="checkbox"/> Leather work gloves <input type="checkbox"/> Change of clothing and sturdy shoes <input type="checkbox"/> Blanket or sleeping bag <input type="checkbox"/> Nose and mouth protection facemasks

Safety & Communications	Safety & Communications
<ul style="list-style-type: none"> <input type="checkbox"/> Family and emergency contact information <input type="checkbox"/> Current photos of family members/pets and property sealed in a plastic bag <input type="checkbox"/> Copies of important documents sealed in a plastic bag (Social Security card, birth certificate, Home & Car insurance, mortgage, titles, bank/credit card account numbers) <input type="checkbox"/> Flashlight with extra batteries <input type="checkbox"/> Solar/Battery lamp and solar charger <input type="checkbox"/> Portable, battery powered/hand-crank radio with extra batteries <input type="checkbox"/> Cell phone with extra batteries and chargers, car phone charger <input type="checkbox"/> Whistle <input type="checkbox"/> Duct tape <input type="checkbox"/> Tarp <input type="checkbox"/> Wrench and pliers to turn off utilities <input type="checkbox"/> Proof of pet vaccinations and list of medications 	<ul style="list-style-type: none"> <input type="checkbox"/> Family and emergency contact information <input type="checkbox"/> Current photos of family members/pets and property sealed in a plastic bag <input type="checkbox"/> Copies of important documents sealed in a plastic bag (Social Security card, birth certificate, Home & Car insurance, mortgage, titles, bank/credit card account numbers) <input type="checkbox"/> Flashlight with extra batteries <input type="checkbox"/> Solar/Battery lamp and solar charger <input type="checkbox"/> Water proof matches or utility lighter <input type="checkbox"/> Portable, battery powered/hand-crank radio with extra batteries <input type="checkbox"/> Cell phone with extra batteries and chargers, car phone charger <input type="checkbox"/> Whistle <input type="checkbox"/> Duct tape <input type="checkbox"/> Tarp <input type="checkbox"/> Two to three box fans <input type="checkbox"/> Window Unit AC if possible
Transportation	Portable Generator
<ul style="list-style-type: none"> <input type="checkbox"/> Cash <input type="checkbox"/> State contraflow map <input type="checkbox"/> Road map <input type="checkbox"/> Full tank of gas in vehicle <input type="checkbox"/> Swiss Army knife or multipurpose tool <input type="checkbox"/> Books, games 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 100' Extension Cords <input type="checkbox"/> Location outside and away from home for generator placement <input type="checkbox"/> Gas can with funnel (min. 5 gallon)