Emergency Kit Checklist for Seniors

Tick each box. Keep this page with your kit.

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Water & food

- [ ] Water: 1 gallon per person, per day, for at least 3 days
- [ ] 3 days of food that won't spoil (soups, juices, protein shakes)
- [ ] Manual can opener

Light & power

- [ ] Flashlight + extra batteries
- [ ] Battery or hand-crank radio
- [ ] Phone charger + battery bank

Medicine & health

- [ ] 3 to 6 days of my medicines
- [ ] Paper list: each medicine's name + dose
- [ ] Insulated bag + ice packs for fridge medicines
- [ ] Hearing aids + spare batteries
- [ ] Extra glasses and/or dentures
- [ ] Blood sugar meter / blood pressure cuff (if I use one)

Comfort & safety

- [ ] Blanket + a full change of clothes
- [ ] Whistle to call for help
- [ ] First aid kit
- [ ] Soap, toothbrush, toilet paper, trash bags
- [ ] At least $50 in cash
- [ ] Copies of Medicare / insurance cards and ID

Phone numbers on paper (phones die, paper doesn't)

Doctor: _____ Pharmacy: _____

Family: _____ Family: _____

Neighbor: _____ Power company: _____

If I use a machine that needs power (CPAP, oxygen, etc.)

- [ ] Told my power company I use it
- [ ] Asked about their medical priority list
- [ ] Asked my supplier which battery fits
- [ ] Battery charged before a storm

A list is not a promise. Keep a plan B for outages that last days.

Last checked: _____

Check and update your kit every year.
Sources: Ready.gov · American Geriatrics Society (HealthInAging.org) · CDC · FDA

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