

# Emergency/Natural Disaster Checklist for families of children with special needs

Prepared by:  
Broward Children's Center

Emergencies and natural disasters can happen quickly, without much time to prepare, or without warning. For families of children with special needs, these circumstances can feel quite chaotic. Rushing around, forgetting your child's prescriptions, equipment, etc. can lead to even more added stress.

Plan ahead and being well prepared. We have put together an Emergency/Natural Disaster Plan for those families of children with special needs. We hope it adds value, and decreases the stress that goes along with emergencies.

- **Food**
  - at least a 3 day supply of non-perishable food items, per person (canned food meats, fruits, vegetables)
  - manual can opener
  - special dietary needs for your child
  - formula, bottles
  - cooking/eating utensils
  - adaptive feeding devices/supplies
  
- **Water**
  - at least a 3 day supply of water – 1 gallon per person per day
  
- **Medical Supplies**
  - first aid kit
  - medications (prescriptions and over-the-counter)
  - medical gloves
  - manual equipment (non-electric wheelchairs, walker, etc.)
  - sanitary/hygiene supplies
  - oxygen
  - suction equipment
  - monitors
  - soap/hand sanitizer
  
- **Communication Supplies**
  - cell phone, cell phone charger
  - portable cell phone charger
  - radio
  - walkie-talkies
  - emergency contact information (medical/service providers, family members, veterinarian, etc.) Save emergency contact as ICE (In Case of Emergency.)
  - laptop, laptop charger

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- **Service Animal/Pet Supplies**
  - leash
  - collar
  - at least a 3 day supply of water – 1 gallon per pet, per day
  - at least a 3 day supply of food
  - veterinarian information
  - pet carrier
  - bowl
  - plastic bags for waste
  - pet identification
  
- **Important Documents**
  - photo IDs
  - Backpack Emergency Card
  - social security card/number
  - home floor plan
  - map
  - insurance information (agent, policies, company information, etc.)
  - health information cards (allergies, immunization records, prescriptions, etc.)
  - bank and credit card information
  - family records (birth certificates, etc.)
  
- **Supplies**
  - cash, credit card, checks
  - batteries
  - candles
  - matches
  - battery-powered lights
  - flashlights
  - pen/pencil and paper
  - pocket knife
  - toilet paper, paper towels
  - diapers, wipes
  - signaling device (bell, whistle, flare, etc.)
  - at least a 3 day supply of clothes, per person
  - shoes
  - jumper cables (if driving)
  - plastic bags
  - towels
  - blankets/sleeping bags