

# Ready to ROLL

**REFLECT**

ON YOUR SPECIFIC NEEDS

**EDUCATE**

YOURSELF ABOUT THE  
RESOURCES IN YOUR AREA

**ASSEMBLE**

OR CUSTOMIZE A KIT

**DEVELOP**

A PLAN AND SHARE IT

**YOU**

ARE READY TO ROLL!

Visit [unitedspinal.org](http://unitedspinal.org)

for more valuable information on preparing for emergencies

## Reflect ON YOUR SPECIFIC NEEDS:

- Medication & supplies
- Equipment
- Support or assistance
- Transportation
- Dietary restrictions
- Service and non-service animals

## Educate YOURSELF ABOUT THE RESOURCES IN YOUR AREA:

- Contact your local emergency information management office to find out if there is an emergency plan in place that addresses your needs
- Does the local government or agencies offer preparedness supplies or guidance?
- Do your local fire or rescue teams know how to assist you in an emergency?
- Are identified shelter or evacuation centers accessible? Are accessible port-a-pots an option if site restrooms are not accessible?
- Self-advocate if these resources are insufficient

## Assemble OR CUSTOMIZE A KIT:

- Start with the basics – what you need to live each day
- Emergency documents (emergency plan, medication lists, family and doctor phone numbers, insurance info, medical equipment specifics, etc) laminated or in Ziploc bag
- Medication and medical equipment (wheelchair, cushion, transfer aids)
- Water
- Catheters, ostomy and wound care supplies
- Cash
- Non-perishable food
- Hand sanitizer & soap
- First aid kit
- Flashlight/headlight
- Patch kit
- Toothbrush/toothpaste
- Change of clothes
- Chargers for equipment and phones (consider battery or hand-cranked)
- Multi-tool
- Whistle
- Lighter or waterproof matches
- Moist towelettes
- Blanket
- Extra glasses or contact lenses/supplies
- Hearing aids and extra batteries
- Duct tape
- Ziploc and garbage bags
- Battery powered or hand-crank radio
- Pen and paper
- Extra batteries
- Pet supplies
- Learn more about what to include in your kit at [ready.gov/kit](https://ready.gov/kit)

## Develop A PLAN AND SHARE IT:

- Who will help?
  - Identify friends, family, caregivers, fire department, police department and others who may be able to assist you in an emergency
  - Speak to them about your emergency plans, needs, equipment, etc.
  - Record their contact information on your emergency plan and share a copy with each individual
  - Speak to your employer about your plan and needs if an emergency occurs while you are at work
- Who do you need to reach?
  - Develop a communication plan with your family and friends
  - Identify someone out-of-town who may not be in the impacted region to be a part of your communication plan
  - Determine how you will communicate (text, emails and social media may be easier in an emergency than phone calls)
  - Record all contact information on your emergency plan and share a copy with each individual
- Where will you meet?
  - Select emergency meeting places for your family to reunite
  - Make sure the locations are accessible
  - Indoor – for tornado, hurricane and other storms be sure to select a windowless, sturdy spot
  - In your local area – if you have to leave your home but can remain close consider a neighbor's house, corner or other nearby feature
  - Outside your neighborhood – a family member or friend's home, shopping center, community center, etc
  - Outside of your city – in the event the city is evacuated determine one location to meet and ensure everyone has the address and phone number
- Evacuation considerations:
  - Make sure everyone knows where the emergency kit is located
  - Address the needs of your service animals or pets
  - Determine the best accessible transportation option and alternatives if the first choice is not available
  - Activate your communication plan
- What other information may I need?
  - Contact and medical information for all household members
  - Specific information about your disability/care that medical personnel should know
  - Work, school, caregiver, childcare contact information
  - Wheelchair/medical equipment supplier contact info
  - Doctor, insurance, veterinarian details
  - Utility (gas, electric, water) numbers
  - Transportation alternatives
- Learn more about developing a plan at [ready.gov/plan](https://ready.gov/plan)

You Are

Ready to ROLL