

Elderly or Special Needs Kit Checklist

Evacuation or shelter-in-place scenarios become more complex with age-related limitations or disabilities. This checklist is designed to ensure that older adults and individuals with special needs have the critical supplies and accommodations required to maintain comfort, safety, and dignity in an emergency.

Medications & Medical Equipment

- Prescription medications (7+ day supply, labeled)
- Copies of prescriptions and medical history
- Spare eyeglasses or contacts with solution
- Hearing aids and extra batteries
- Medical devices (CPAP, glucose monitor, etc.)
- Portable oxygen or respiratory equipment (if needed)

Mobility & Accessibility Aids

- Walker, cane, or wheelchair (collapsible preferred)
- Transfer board or mobility support gear
- Extra batteries or charger for powered equipment
- Slippers or stable footwear (anti-slip soles)
- Lightweight blanket or shawl for warmth

Food, Hydration & Nutrition

- Non-perishable food appropriate to dietary needs
- Easy-open containers and ready-to-eat snacks
- Water bottles with spout or straw tops
- Meal supplements or nutrition drinks (e.g., Ensure)

Hygiene & Sanitation

- Adult briefs or incontinence supplies
- Toileting aids (disposable wipes, bedpan, urinal)
- Toothbrush, tissues, hand sanitizer, lotion

- Disposable gloves and hygiene disposal bags

Identification & Communication

- Medical ID bracelet or necklace
- Laminated contact info and condition summary
- Emergency contact sheet (family, doctor, caregivers)
- Notepad and large-print pen/marker

Comfort & Reassurance

- Photos of loved ones or familiar objects
- Favorite blanket, pillow, or sensory comfort item
- Entertainment (radio, puzzle book, audio device)

Tips & Hints:

Tailor the kit to the individual's exact needs, preferences, and limitations.

Keep a trusted person informed about the location of this kit and how to use its contents.

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