



**CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND**



**Children's Hospital Oakland – Kohl's Injury Prevention Program**  
 747 52nd St., Oakland, CA 94609  
 510-428-3000 • [www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org)

## Family Emergency and Disaster Preparedness Kit

Recommended items to include in your kit				✓	DATE
Large backpack	DATE	Work gloves, rope, tarp, utility knife			DATE
Health profile of all family members	DATE	Fire smothering blanket			DATE
Updated medication list	DATE	Emergency whistle			DATE
Copy of medical insurance card	DATE	Face mask for each family member			DATE
Copy of important paperwork such as driver's license, or other ID, bank information, immunization records, social security numbers, other important documents	DATE	Flashlights with extra batteries			DATE
List of model, make and serial numbers of medical equipment	DATE	Battery powered radio with extra batteries			DATE
Spare keys	DATE	Can opener (manual)			DATE
Cash, checks	DATE	Plastic bags			DATE
Wrench or pliers for utility shut off valves	DATE	Antibacterial waterless soap			DATE
Pen, pencil, paper	DATE	Non-perishable food (3-day supply for each family member; current, not expired)			DATE
Cell phone charger	DATE	Bottled drinking water (3-day supply, 1 gallon per family member)			DATE
Prepaid calling card	DATE	Baby items if applicable (diapers, formula, water)			DATE
Extra batteries for medical devices and equipment	DATE	Pet items (water and food) if applicable			DATE

## First Aid Kit

Recommended items to include in your kit				✓	DATE
Antibiotic ointment	DATE	CPR one way valve face shield			DATE
Acetaminophen	DATE	Emergency blanket			DATE
Hand sanitizer	DATE	Adhesive bandages (all sizes)			DATE
5" x 9" trauma pads	DATE	Thermometers, disposable			DATE
4" x 4" gauze pads	DATE	Tweezers			DATE
3" conforming gauze roll	DATE	Scissors			DATE
First aid tape	DATE	Latex free gloves			DATE
Instant cold compress	DATE	American Red Cross Emergency First Aid Guide			DATE





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## Emergency Evacuation Kit for Children with Special Needs

### Recommended items to include in your kit

Indicate date each item is added to keep kit current.  
 Items are specific to a special need. Not all areas will apply to all families

MOBILITY	✓	DATE
Heavy gloves to protect hands		DATE
Extra battery for power chair		DATE
Wheel patch kit and tire pump for flat tires on wheelchair		DATE
Spare cane or walker		DATE
Lighting device, flashlight		DATE
HEARING LOSS	✓	DATE
Pen and paper pad to communicate with rescue personnel		DATE
Preprinted card saying "I use American Sign Language (ASL)" or "Please use pen and paper to communicate with me" or "I can read lips"		DATE
Extra hearing aid batteries		DATE
VISUAL LOSS	✓	DATE
Heavy gloves to protect hands		DATE
All emergency supplies marked with large print or braille		DATE
Extra cane		DATE
SPEAKING DIFFICULTY	✓	DATE
Pen and paper pad to communicate with rescue personnel		DATE
Preprinted card stating "I cannot speak"		DATE
Handheld whistle to alert emergency personnel		DATE
MEDICATION	✓	DATE
A three day supply of current medications (update regularly)		DATE
Current medical information including names of each medication and dosage		DATE
Cooling supplies to keep medicines cold if needed		DATE
Extra medicine dispensers (i.e. droppers, pill splitters, syringes)		DATE
Bottled water to take oral medications		DATE
Updated snacks to take medications that require food intake		DATE
Instruction on administering medications for emergency personnel		DATE
Extra copies of prescriptions		DATE