

# Emergency Supply Checklist



## Preparing Individuals with End Stage Renal Disease

Consider how an emergency might affect your individual needs, read and understand your dialysis facility's disaster plan, **make other arrangements for your treatment before an emergency happens.**

- Water (bottled or distilled), one gallon of water per person per day for at least five days, for drinking and sanitation
- Food and a 3-Day Emergency Diet Plan
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Battery-powered or hand crank cell phone charger
- Flashlight and extra batteries
- First-aid kit
- Hand sanitizer
- Plain, unscented household chlorine bleach (to disinfect water).
- Measuring cups, teaspoons, and tablespoons
- Manual can opener
- Cash
- Walking shoes and a change of clothes
- Food, water, medicine, and toys for your pets (if you have pets)
- Personal Information Form

### Medical Supplies

**Check your medications to ensure they have not expired.**

- Five-to-seven-day supply of all prescription medicines. Check the expiration dates of all of your medications each month.
- Five-day supply of antibiotics if you are on peritoneal dialysis and it is recommended by your doctor.

Add these to your medical supplies if you have diabetes:

- Glucose meter, one spare battery and testing fluid.
- Five-to-seven-day supply of blood sugar test strips and lancets.
- Five-to-seven-day supply of syringes and insulin if you use insulin.
- Glucose (glucose tablets, Glucagon, oral glucose gel) in case your sugar level drops.

**PREPARING MAKES SENSE.  
GET READY NOW.**  
[www.fbchealth.org](http://www.fbchealth.org)