



American Red Cross

Go-Bag Guide for People with Disabilities of All Ages

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A go-bag can make a big difference when experiencing a disaster or emergency. For people with disabilities, being prepared is critical, and a go-bag ensures that you have the necessary items when you leave your home.

This guide is intended to assist people with disabilities and older adults in the creation of a go-bag for emergencies.

Note: The items in this guide are meant as suggestions, and they will differ depending on your needs and your location.

Think about specific personal items that you will need if you have to leave your home. Keep your go-bag by the front door of your home and consider making a go-bag for where you work, play, or learn.

Below is a list of items to get you started in building your go-bag:

- List of reliable accessible transportation contacts. Even if you have your own transportation, you should have backup options.
- List of at least three individuals that you can contact and remain in touch with during an emergency. This list should include their cell phone numbers, landlines, and email addresses. Each of these individuals should know that you will be reaching out to them during an event and, if they do not hear from you within 2-3 hours of the emergency, they should check in with you.
- Non-perishable food items that fit your dietary needs and bottled water.
- Emergency blanket.
- A fully charged backup power bank for your mobile device.

- Your Emergency health information.
 - More information: [Emergency Health Information: Savvy Health Care Consumer Series](#)
 - List of doctors
- Medication (doses & frequency) and First-aid kit (bandages and antiseptic).
- Credit card and cash (one- and five-dollar bills).
- Important documents (birth certificates, passports, vaccine card, insurance information, etc.) in waterproof bags.
- Battery-operated or crank style radio.
- Extra batteries and battery backup for equipment (flashlights, hearing aids, mobile devices, etc.).
- Change of clothes and sturdy shoes.
- N-95 masks.
- Grooming products (toothpaste, feminine hygiene products, etc.) and any devices you need to assist in getting dressed.
- Extra eyeglasses or contact lenses.
- Children's favorite blanket or pillow, fidget toys, and activity books.
- Garbage bags and Ziploc bags.
- Sanitization and urinary supplies.
- Any extra Durable Medical Equipment (DME) or Assistive Technology (AT) devices. These may not fit in your bag, but would be needed if you could not get back in to your home.
- Create a go-bag for your pet(s).
 - Names and photos of you with your pet(s)
 - Food and water bowl
 - Food and treats
 - Pet medication, if needed
 - I.D. tag, leashes, collars
 - Carrier
 - Blanket
 - Litter and litter box
 - Veterinarian information

[Disability Disaster Access and Resources](#) (DDAR) is a program of the [California Foundation for Independent Living Centers](#) (CFILC). DDAR coordinates with 19 independent living centers serving as [Disability Disaster Access and Resource Centers](#) (DDARCs) to provide information and resources including disaster

preparedness trainings and personal preparedness plans for people with disabilities and others with access and functional needs.

To learn more, or to find additional disaster and emergency related resources for people with disabilities and older adults, visit our Disability Disaster Access and Resources website: disabilitydisasteraccess.org or email: info@disabilitydisasteraccess.org with your questions.

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