

EMERGENCY CHECKLIST

Your emergency kit is your first line of defense in case of emergency. This checklist includes some common “must haves,” but be sure to consult with your doctor, nurse and pharmacist to ensure that you have all the items on hand you need.

- Emergency contact list
- Doctor's note to emergency personnel
- Prescription list
- Medications
- Medicine supplies (pumps, inhalers, syringes, needles, batteries, valves, extension tubing, alcohol pads, and all cleaning supplies)
- Thermometer
- Blood pressure monitor
- Cell phone (include your emergency contact's phone number under “In Case of Emergency” or ICE)
- Medical Alert bracelet

- Overnight bag containing:
 - Basic toiletries
 - Loose-fitting, comfortable change of clothes
 - Pajamas or nightgown
 - Slippers or slip-on shoes

Other items:

- _____
- _____
- _____
- _____
- _____

If you're on infused medication:

- Back-up pump
- Catheter site supplies (gloves, mask, alcohol pads, scrub, dressings, tape, etc.)
- Site pain supplies
- Portable cooler (if you must refrigerate your medicine)
- Ice packs (if you must refrigerate your medicine)

If you use oxygen:

- Oxygen information
- Back-up oxygen tanks
- Oxygen regulator
- Oxygen tank tool
- Tank cart
- Nasal cannula
- Portable liquid oxygen
- Portable oxygen concentrator
- C-Pap or Bi-Pap machine