

# Emergency Activity Kit Checklist

A comprehensive checklist for caregivers and senior care facilities

## 1. First Aid and Medical Supplies

- Adhesive bandages (various sizes)
- Sterile gauze pads (2x2" and 4x4")
- Medical tape (paper and waterproof)
- Antibacterial ointment
- Alcohol-free cleansing wipes
- Digital thermometer with extra batteries
- Blood pressure monitor (if prescribed)
- Pulse oximeter
- Disposable gloves (multiple sizes)
- Face masks
- Hand sanitizer
- Emergency poncho

## 2. Activity Emergency Pack

- Large-print playing cards (2 decks)
- Magnetic travel board games
- Dice with large numbers
- Word search books (large print)
- Simple jigsaw puzzles (100 pieces or less)
- Colored pencils and markers
- Small sketchpad
- Adult coloring books
- Stress balls or fidget toys
- Conversation starter cards
- Picture cards for memory sharing
- Simple trivia cards

## 3. Comfort and Safety Items

- LED flashlight with adjustable settings
- Extra batteries (all sizes needed)
- Emergency thermal blankets (minimum 3)
- Battery-operated radio
- Whistle with lanyard
- Light sticks
- Small battery-powered fan
- Comfort items (photos, small blanket)

## 4. Hydration and Nutrition

- Water (1 gallon per person per day, 3-day supply)
- Water purification tablets
- Portable water filter
- Collapsible water containers
- No-spill cups with straws
- Protein-rich snacks
- Easy-to-chew foods
- Disposable plates and utensils
- Can opener
- Hand sanitizer and cleaning wipes

## 5. Documentation and Communication

- Current medication list
- Allergies and medical conditions list
- Emergency contacts (laminated)
- Insurance cards (copies)
- Healthcare providers list
- DNR orders (if applicable)
- Power of attorney documents
- Picture cards for basic needs
- Pain scale charts
- Weatherproof notepad
- Thick markers
- Small whiteboard with markers

### Maintenance Schedule:

Monthly Check Date: \_\_\_\_\_

Quarterly Update Date: \_\_\_\_\_

Next Supply Rotation Date: \_\_\_\_\_

### Special Notes:

Allergies: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

Special Requirements: \_\_\_\_\_