

# Chatham County Sheriff's Office

P.O. Box 429, Pittsboro, NC 27312  
Office: 919.542.2811  
Non-Emergency: 919.542.2911  
www.chathamsheriff.com



*Sheriff Mike Roberson*

## Disaster Preparedness Checklist for Seniors

Adapted from American Red Cross  
Disaster Preparedness for Seniors by Seniors

### Basic Needs and Supplies *(check off)*

- Water — one gallon per person, per day *(3-day supply for evacuation and 2-week supply for home)*
- Food — it is a good idea to include foods that do not need cooking (canned, dried, etc.) *(3-day supply for evacuation and 2-week supply for home)*
- Flashlight with extra batteries and bulbs *(do not use candles)*
- Battery-operated or hand-crank radio
- First aid kit and manual
- Medications *(7-day supply)* and medical items
- Multi-purpose tool *(several tools that fold up into a pocket-sized unit)*
- Sanitation and personal hygiene items *(toilet paper, plastic garbage bags)*
- Copies of personal documents *(medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)*
- Cell phone with an extra battery and charger (s)
- Family and friends' emergency contact information
- Cash and coins *(ATMs may not be accessible)*
- Emergency blanket
- Map(s) of the local area
- Whistle *(to attract the attention of emergency personnel)*  One change of clothing
- Manual can opener
- Pet supplies *(including food and vaccination records)*
- Extra set of keys *(car, house, etc.)*
- Pack of cards to provide entertainment and pass the time

**Cold Climate Supplies** *(check off)* It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- Jacket or coat
- Long pants and long-sleeve shirt  Sturdy shoes
- Hat, mittens and scarf
- Sleeping bag or warm blanket

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## Supplies for Your Vehicle *(check off)*

- Flashlight with extra batteries and extra bulbs
- Maps
- First aid kit and manual
- Tire repair kit
- Jumper cables
- Flares
- Bottled water
- Non-perishable foods such as granola bars
- Winter:* Blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag
- Summer:* Sunscreen lotion SPF 15 or higher, shade item (*umbrella, wide-brimmed hat, etc.*)

## Other Items You Might Need

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Maintain your kit and practice your plan

Every six months:

- Review your plan with all of your friends and family.
- Check your disaster supplies kit and refresh all expiring items (e.g., food, water, medications and batteries).
- Conduct fire and emergency evacuation drills on a regular basis with your family. Make sure all your plans “work.”
  - At least once a year:
    - • Change the batteries in all essential devices at the same time each year. (e.g., smoke alarms).