

# THE "GO" KIT

Check off each item as it is packed and record its expiration date. A completed list should be stored in your kit. Inspect this kit every six months and replace any expired items.

## FOOD AND WATER

Packed	Expiration	
<input type="checkbox"/>	_____	Refillable water bottle
<input type="checkbox"/>	_____	Lightweight, nonperishable foods for you, your family, and pets
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

*Choose foods that are appropriate for your dietary restrictions.*

## GENERAL MEDICAL SUPPLIES

Packed	Expiration	
<input type="checkbox"/>	_____	Up to 30-day supply of prescription and over-the-counter medications
<input type="checkbox"/>	_____	List of current medications and allergies
<input type="checkbox"/>	_____	Chargers and batteries for medical equipment
<input type="checkbox"/>	_____	Portable nebulizer, if applicable
<input type="checkbox"/>	_____	Mobility devices (cane, walker, etc.), if applicable
<input type="checkbox"/>	_____	Ventilator and/or CPAP supplies, if applicable
<input type="checkbox"/>	_____	Portable oxygen system and supplies, if applicable
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

*Keep medications with you at all times. Do not pack them in your luggage.*