

**POWERED**   
MARIN CIL  
& **PREPARED**

Free emergency planning and resources for  
people with disabilities in Marin.

Personal  
Preparedness Planning  
Workbook

[MARINCIL.ORG/PREPARE](https://MARINCIL.ORG/PREPARE)  
415-991-0931

# Important Medical & Health-Related Information

Create lists of your medication(s), disability-related supplies, and/or equipment, and anything else you need daily and will enable you to stay independent. It is important to fill out this information correctly. The information will be used to be better help with your health in case of emergency.

**Primary Physician:**

**Phone Number:**

**Health Insurance Provider:**

**Member ID / Policy Number:**

**Date of Birth:**

**Blood Type:**

**Allergies, Health Conditions, and/or Sensitivities:**  
*(Include any known medication allergies.)*



**Medical & Health-Related Equipment:**  
*(Wheelchair, CPAP, Hearing Aids, etc.)*



# Emergency Supply Kits Checklist

Items listed below are common elements that allow you to be prepared for emergency and protect yourself and your pets. Keeping important items with you is key to successful emergency planning. Use this plan's checklist to assemble your kit of important items you will need.

- Evacuation Routes
- Credit Cards, Cash, or Checks
- Copies of Important Documents  
*(Birth certificates, passports, etc.)*
- List of Important Phone Numbers  
*(In case your cell phone is lost or disabled.)*
- Supply of Medications
- First-Aid Kit
- N95 Mask
- Sturdy Shoes & Extra Change of Clothes
- Smaller Medical Devices  
*(Dentures, hearing devices, extra eyeglasses, etc.)*
- Larger Medical Devices  
*(Walker, cane, wheelchair, etc.)*
- Cell Phone Charger  
*(Extra battery if available.)*
- Extra Set of Car & House Keys
- Pet & Service Animal Supplies  
*(Food, water, medication, carrier, leashes, etc.)*

When planning for an emergency where you may need to stay in your home for an extended period of time, you may want to consider having the following emergency supplies available:

- 3-Day Supply of Non-Perishable Food
- 3 Gallons of Water per Person
- Battery-Powered Radio
- Flashlight
- Can Opener
- Extra Batteries
- Battery Backup for Equipment
- Whistle  
*(Signal for help.)*
- Candles & Lighter/Matches
- Wrench or Pliers  
*(To turn off gas utilities.)*
- Card/Board Games  
*(For entertainment.)*
- Other:

# Emergency Allies

It is recommended that you share your plan with three trusted contacts.

1

Contact's Name:

Contact's Details: *(Phone, Email, etc.)*

2

Contact's Name:

Contact's Details: *(Phone, Email, etc.)*

3

Contact's Name:

Contact's Details: *(Phone, Email, etc.)*

# Notes

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A free program providing emergency planning and resources for people with disabilities in Marin.

**Act Now. Make a Plan!**

Visit us online or call and get started  
on being prepared today:

**MARINCIL.ORG/PREPARE**  
**415-991-0931**