

What to Bring to a Shelter:

- **Special dietary foods - - such as diabetic, low salt, liquid diet, baby food/formula.**
- **One complete change of clothing including footwear.**
- **Personal items - - washcloth, small towel, soap, toothbrush, toothpaste, sanitary napkins, tampons, towelettes.**
- **Cell Phone Chargers**
- **Medications - -medications should be clearly marked with your name, dosage, type of medication, and prescribing physician. You must be able to take medications by yourself.**
- **Medical Supplies - -supplies or devices necessary to monitor your medical needs.**
- **Baby supplies - - clothes, diapers, formula, bottles, nipples, food, blankets.**
- **Important papers - -name and address of doctors, name and address of nearest relative not living in the area, identification papers, advance directives, special instructions.**
- **Entertainment items - -games, cards, small toys, magazines, books.**
- **Battery operated flashlight.**

If you request transportation, have these items packed in one bag and ready before transportation arrives for you. An evacuation process is swift and starts well in advance of a disaster.