



## What to bring? (To a Special Needs Shelter)

### DO Bring:

- ♀ A list of your current medications and at least a 3 day supply of the medications
- ♀ Documentation of specific medical information
- ♀ Medical equipment
  - ❖ Oxygen supplies
  - ❖ Nebulizers
  - ❖ Canes/Wheelchairs
  - ❖ Diabetes equipment
    - ◆ Glucose meter/strips
    - ◆ Insulin/syringes
    - ◆ Other insulin supplies
- ♀ Non-perishable dietary items
  - ❖ Special dietary foods if required
- ♀ Electronic equipment
  - ❖ Flashlight
  - ❖ Radio
  - ❖ Extra batteries
  - ❖ Cell phone
- ♀ Personal Care
  - ❖ Clothing
    - ◆ Undergarments
    - ◆ Socks
    - ◆ Shoes (durable)
- ♀ Personal hygiene items
  - ◆ Soap/shampoo
  - ◆ Deodorant
  - ◆ Toothpaste/toothbrush
- ◆ Brush/comb
- ◆ Wash cloth
- ◆ Towel
- ♀ Sleeping lounging equipment
  - ❖ Cot
  - ❖ Air mattress
  - ❖ Lawn/lounge chair
  - ❖ Sleeping bag
  - ❖ Pillow
  - ❖ Blanket
  - ❖ Sheet
- ♀ Important papers
- ♀ I.D. with current address
- ♀ Entertainment items
  - ❖ Books
  - ❖ Magazines
  - ❖ Toys
  - ❖ Cards
  - ❖ Games
- ♀ Infant care items
  - ❖ Formula
  - ❖ Food
  - ❖ Diapers
- ♀ First-aid kit
- ♀ Personal equipment
  - ❖ Eyeglasses
  - ❖ Hearing aids
  - ❖ Dentures

### DON'T Bring

- ♀ Pets
- ♀ Firearms
- ♀ Alcoholic Beverages
- ♀ Perishable Food Items