



# Terrebonne Parish Office of Homeland Security & Emergency Preparedness

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## Ready Kit and Go Bag

**A Ready Kit is a supply of items that you will need if you should have to shelter in place or rely on your own resources for a few days. A Go Bag has fewer items, but they are the essential ones to take with you if you must evacuate quickly. Common items include:**

- 3-day supply of non-perishable food and manual can opener
- 3-day supply of water per person
- Medical equipment and assistive devices
- Medications, including a list with the prescription name, dosage, frequency, doctor, and pharmacist. If medications must be refrigerated, bring a cooler with an ice pack or other coolant system
- List of emergency contact information including your support network members in and out of the region, service providers, etc.
- Copies of important documents (birth certificate, passport, licenses, insurance information, proof of address)
- Flashlight and radio with extra batteries
- Cash, credit cards, checkbook, ATM card
- Supplies for a service animal including food, identification tags, proof of vaccinations, and veterinarian contact information
- White distress flag or cloth, whistle, flashlights and/or glow sticks
- First aid kit
- Written identification of your disability-related or health condition, or medical alert tags or bracelets

### For those with Mobility Disabilities

- Pair of heavy gloves to use while wheeling or making your way over glass and debris
- Extra battery for your motorized wheelchair or scooter
- Jumper cables or specific recharging device to be connected to an automobile's cigarette lighter
- Patch kit or can of "seal-in-air product" to repair flat tires
- Spare cane or walker

### For those with Developmental or Cognitive Disabilities

- Alternate power source or spare batteries for communication device
- Paper and writing materials
- A favorite item (e.g., small video game or book) to help you maintain focus while waiting in lines

