

Emergency Kit Checklist

Just like getting your home ready for a storm, it's worth keeping a kit ready for your COPD. Check off each item as you pack it, and store the kit where you can grab it fast.

KIT LOCATION

LAST PACKED

REVIEWED

MEDICAL SUPPLIES

- ☐ **3-day supply of medications**
Include your inhalers and rescue inhaler.
- ☐ **Backup oxygen supply**
Extra tubing and cannulas, if you use oxygen.
- ☐ **Backup power for equipment**
Spare battery for your oxygen concentrator or nebulizer.
- ☐ **Up-to-date medication list**
Include doses and how often you take each one.
- ☐ **NIOSH- and N95-labeled face masks**
National Institute for Occupational Safety and Health (NIOSH) rated masks filter out the smallest particles from fumes, illness, or mold.

DOCUMENTS & CONTACTS

- ☐ **Insurance card and photo ID copies**
- ☐ **Advance care plan**
Your healthcare wishes.
- ☐ **My Care Team card**
Filled in and up to date.
- ☐ **Emergency contact numbers**
Police, fire department, and your power company.

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Home & communication readiness — finish packing these items into the same kit.

HOME & COMMUNICATION READINESS

- ☐ **Neighbor or friend on alert**
Make sure someone nearby knows you may need help.
- ☐ **Flashlight and extra batteries**
- ☐ **Portable phone charger or battery bank**
- ☐ **Water and non-perishable snacks**
A few days' supply.
- ☐ **Way to track weather updates**
A weather radio or reliable app.

EXTRA NOTES

Keep this checklist with your COPD action plan, and refresh the kit each hurricane season.