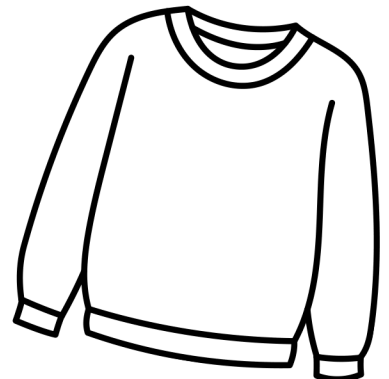
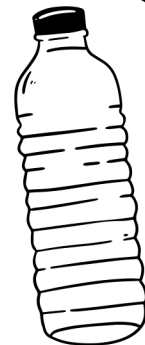
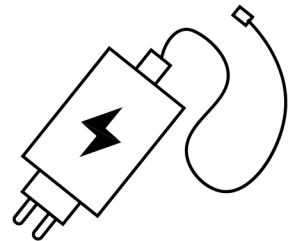
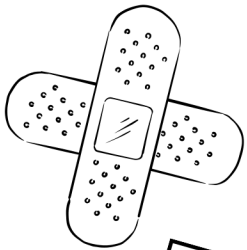
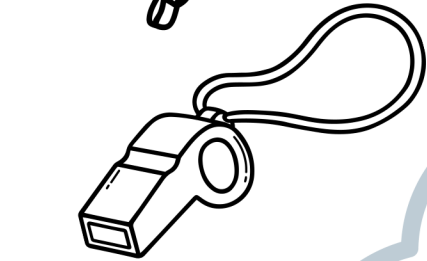
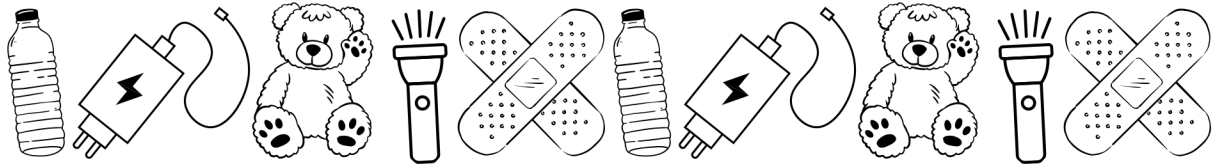


Creating an  
**Emergency Preparedness Kit**  
with Midwest Autism & Therapy Centers





# Creating an Emergency Preparedness Kit

## What you'll need:

- Shoes - to protect your feet from debris and broken items that may be sharp on the ground during and after the storm.
- Sweatshirt and/or Jacket - to help keep you warm.
- Helmet - to help protect your head from debris and other falling/ blowing objects during the storm.
- First-Aid Kit - in case you get a small injury.
- Whistle - blowing a whistle during an emergency or possible entrapment can get better attention and be heard farther away than yelling alone.
- Preferred Comfort Items - it's okay to need our friends when we're scared, this could include a specific train, a blanket, a plush toy, etc.
- Flashlight - battery-powered safety equipment like flashlights, lanterns, or storm radios can be helpful during possible power outages.
- Batteries - to keep your flashlight, radio, or other equipment going should the power outage persist.
- Phone, Device Charger, Block Charger - if you don't lose power, you will likely need/ want a charger for your phone, tablet, and other devices.
- Preferred Snacks & Water - to keep you fed and hydrated during the storm.
- Communication Aids - to help communicate, especially if the primary communication aid is an electronic device, it's good to have a hard copy/ paper communication aid on hand with your kit
- Sensory Items - sensory sac, weighted blanket, sunglasses (in case of harsh lighting), noise-canceling headphones, fidget toys, etc.
- Copy of Medical Information - including the Primary Care Provider (PCP), preferred hospital in case of emergency, communication modalities or SOS information (i.e. is the child non-verbal/ limited verbal, should responders use ASL or pictures for communication, is the child known to elope, any specific hiding places, will the child respond to their name, etc.) and any medication lists or specific diagnosis (seizure disorder, etc.)

Put these items in a backpack or tote container for easy storage and quick accessibility during the next storm!

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