Weather-related emergencies can happen at any time. If you or someone you know has an SCI, plan ahead!

- Discuss an emergency or evacuation plan with your family, neighbors, and home health aide, including meeting places.
- Check wheelchair tire tread. Replace if worn, or use a more aggressive tire tread when it is slippery outside.
- Make an emergency kit. At minimum, include:
  
  **In Your Kit**

  **SCI Essentials**
  - Catheter, bowel, and dressing supplies to last a week.
  - Medications for one week.
  - An extra battery for a power chair or a back-up manual wheelchair; spare inner tubes & tools.
  - Prepare an emergency information card. List your essential health information that someone may need if you are in distress.
  - Consider a Medical ID Bracelet. Your information will be stored in a secure database that is a phone call away for emergency providers.

  **Other Essentials**
  - Flashlight & Utility Knife
  - Extra Batteries
  - Whistle/First Aid Kit
  - Extra Food/Bottled Water
  - Battery-operated Radio
  - Cash (at least $50-$100)
  - Local Map/Contact Lists
  - Eyeglasses/Hearing aids
  - Blanket/Rain Gear/Warm Clothes/Jacket
  - Important Documents/ID/Extra Keys

**EMERGENCY INFORMATION CARD**

- Name ____________________________
- Medications ______________________
- Allergies _________________________
- Insurance Provider ________________
- Insurance # ______________________
- Blood type _______________________
- Adaptive Equipment ________________
- Physician _________________________
- (Phone number) __________________
- Emergency Contact ________________
- (Phone number) __________________

Have you moved? Please contact: SCIResearch@kesslerfoundation.org

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