

Hurricane Grab-and-Go Bag Checklist

For Families of Individuals with Autism or Sensory Differences

Pack this bag before hurricane season begins (June 1). Check and refresh supplies every year. Keep the bag in an easy-to-grab location.

Documents and Identification

- ☐ Completed Emergency Medical and Support Information Card (from this packet)
- ☐ Current photo of each family member with autism or sensory differences
- ☐ Copy of insurance/Medicaid card
- ☐ Copy of diagnosis letter or IEP summary (one page is enough)
- ☐ List of all current medications, dosages, and prescribing doctors
- ☐ Photo ID for caregivers
- ☐ Copies of prescriptions (in case refills are needed during displacement)

Medications and Medical Supplies

- ☐ At least 7 days of all medications in original labeled bottles
- ☐ Medication administration schedule printed or written out
- ☐ Any medical supplies needed (syringes, feeding supplies, etc.)
- ☐ Over-the-counter medications your family member may need (pain reliever, anti-nausea, allergy medicine)

Sensory and Regulation Items

- ☐ Noise-canceling headphones or ear plugs
- ☐ Weighted blanket or weighted lap pad
- ☐ Fidget toys (stress balls, putty, spinners, poppers)
- ☐ Chewy items (chewing gum, chew necklace, chewy tube)
- ☐ Comfort item (stuffed animal, specific blanket, etc.)
- ☐ Sunglasses or hat (for light sensitivity)
- ☐ Essential oils or familiar scent item (if scent helps with calming)

Communication Tools

- ☐ AAC device and charger (if applicable)
- ☐ Backup portable charger/battery pack for communication device

- ☐ Printed communication boards from this packet (in case electronics fail)
- ☐ Laminated visual schedule icons and First/Then board from this packet
- ☐ Printed social stories from this packet (shelter story, evacuation story)

Safe Foods and Drinks

- ☐ 3-day supply of safe/preferred foods that do not need refrigeration
- ☐ Familiar snacks (list specific items here: _____)
- ☐ Preferred drinks or drink mix packets
- ☐ Familiar cup, plate, or utensils (if texture/sensory issues affect eating)
- ☐ Manual can opener (if any food is canned)

Activities and Routine Support

- ☐ Tablet or device with charger and downloaded content (movies, apps, music)
- ☐ Backup battery pack for devices
- ☐ Coloring supplies (crayons, coloring books, blank paper)
- ☐ Puzzle books, word searches, or card games
- ☐ Familiar books or magazines
- ☐ Written daily routine (so a helper can follow it if the caregiver is unavailable)

Clothing and Comfort

- ☐ 3+ days of comfortable, familiar clothing (avoid new items with unfamiliar textures)
- ☐ Familiar pajamas
- ☐ Comfortable shoes
- ☐ Extra socks and underwear
- ☐ Familiar pillow or pillowcase from home

General Emergency Items

- ☐ Flashlight and extra batteries
- ☐ Water (one gallon per person per day for 3 days)
- ☐ First aid kit
- ☐ Whistle (to signal for help)
- ☐ Cash in small bills

- ☐ Cell phone charger and backup battery
- ☐ Important phone numbers written on paper (in case phone dies)

Tip: Let your family member help pack their own bag if possible. Involving them in preparation reduces anxiety about the process.