



CUSTOMIZE YOUR GOBAG

THREE DAYS WORTH OF THESE ESSENTIALS:

- Medication
 - Prescription
 - Over the counter
 - Antibiotics
- Bladder and bowel management supplies
 - Suppositories
 - Catheters
- Disposable gloves

OTHER ESSENTIALS

- Emergency contact list
- First aid kit and dressings
- Hand sanitizer and wipes
- Garbage bags
- Extra leg bag with tubing and connections for longer trips.
- Imodium or other anti-diarrheal
- Snacks that have a long shelf-life
- Bottled water
- CPAP Machine & distilled water
- Contact lenses and/or glasses
- Wallet cards for [pressure injury prevention](#), [autonomic dysreflexia](#), [UTI prevention](#)

TOILETRIES

- Toothbrush, toothpaste, floss
- Soap, moisturizer
- Shampoo, conditioner
- Shaving supplies

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ELECTRONICS

- Phone charger
- Extension cords
- eReader with charger
- Flashlight
- Headlamp for caregiver
- Extra lights for chair
- Power wheelchair charger
- Travel adaptors—check what types of adaptor(s) you may need [here](#).

OTHER HELPFUL ITEMS

- Travel commode - [this one](#) fits in a duffel bag
- Urinal or Travel John/Jane - [these are](#) handy
- Hydration pack
- Pump for [ROHO blow-up cushion](#)
- Travel cushion
- Patch kit for tires and pump
- Seat belt extension for airplanes if needed
- Sleeping mask
- Ear plugs
- Duct tape
- Bungee cords – super handy for hanging stuff off beds
- Extra set of cuffs for arms
- Dry bag
- Garbage bags
- Instructions for your power chair
- Laminated quick-references on how to operate your power chair attached to your chair.

Refer to this article for [more ideas and tips](#) on travelling.

EMERGENCY EVACUATION SUPPLIES

This list is from the Province of BC website. [Find it here](#).

- Put your supplies in one or two containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.
- Non-perishable food: three-day to one-week supply, with a manual can opener
- Water: four litres per person, per day for drinking and sanitation

Continued...

- Phone charger, battery bank or inverter
- Battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- First-aid kit and medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers
- Cash in small bills
- Garbage bags and moist towelettes for personal sanitation
- Seasonal clothing, sturdy footwear and emergency blanket
- Dust masks if you live in an area that's prone to earthquakes
- Whistle
- [Help/OK Sign](#) (PDF): Display the appropriate side outward in your window during a disaster.