



Toolkit: Emergency Go Bag

Use something waterproof and keep it by the door or in the car

Keep all your paperwork and medication in one small, self-contained bag that you can grab quickly. This is helpful when carrying a larger bag is impractical.

Paperwork

- Copies of medical insurance information
- Proof of guardianship and/or health care proxy
- Autism ID that explains behaviors (link)
- Small notebook and pen for taking notes or noting questions
- Copy of the pain scale that works best

Medication

- Two (or more) days' worth of prescription medications in prescription bottles that show dosage and prescribing doctor

Nutrition

- Water bottle/bottled water
- Wrapped snacks, nutrition meal replacement foods that don't need refrigeration and won't melt
- Coins and dollar bills for vending machines

Passing the time

- Earplugs, earbuds, or headphones to block out noise
- Charging cables and/or batteries for any devices you use
- Reading material, drawing/coloring supplies, deck of cards

Personal care

- Disposable masks
- Plastic bag for sickness or trash
- Wet wipes, hand sanitizer
- Toiletry bag with items such as travel sized toothbrush, toothpaste, lotion, lip balm, comb, soap, and deodorant
- Change of clothing such as socks, underwear, and comfortable shirt, sweatpants, sweatshirt
- Small pillow, lightweight blanket