## MY Checklist:
Keep a “To GO’ bag in your vehicle at all times, be prepared!

### TOILETRIES & PERSONAL ITEMS:
- [ ] Deodorant
- [ ] Tooth paste
- [ ] Tooth brush
- [ ] Hand sanitizer
- [ ] Body toweletts
- [ ] Spare glasses
- [ ] 1 Change of clothing
- [ ] Suntan Lotion
- [ ] Soap
- [ ] Incontinence supplies
- [ ] Nail file & Clippers
- [ ] 1 towel

1. 
2. 
3. 
4. 

### ELECTRONICS:
- [ ] Extra Batteries (i.e.: hearing aids)
- [ ] Wall plugs
- [ ] Head Phone
- [ ] Flashlight
- [ ] Batteries
- [ ] Phone Charger (Solar)

1. 
2. 
3. 
4. 

### COMFORT ITEMS
- [ ] Blanket
- [ ] Magazine
- [ ] Sensory Items
- [ ] Playing Cards
- [ ] Activity Cards

1. 
2. 
3. 
4. 

### MISCELLANEOUS:
- [ ] Pad of Paper and Pens
- [ ] Small First Aid Kit
- [ ] Umbrella
- [ ] Spare Keys
- [ ] Snacks
- [ ] Bottled Water
- [ ] Screw Driver/tools
- [ ] Roll of Duct Tape
- [ ] Mini sewing kit
- [ ] Super Glue
- [ ] Cash/change
- [ ] Medications
- [ ] Medication supplies (I.e.: syringes)

1. 
2. 

### DOCUMENTS:
- [ ] Copy of Current Medications, Allergies, & diagnosis
- [ ] Medicare & insurance cards
- [ ] DNR/MOST form, Advance Directives
- [ ] Emergency phone list
- [ ] Copies of all legal documents
- [ ] Copies of Legal documents (POA’s, living wills, guardianship papers, etc...)