

Emergency kit checklist

- Backpack or duffle bag**—Something that's big enough to store your emergency supplies and personal belongings

Information:

- Up-to-date personal information**—Copy of your ID, list of your current medications and any allergies, copy of your insurance card, emergency contact details, your doctor's number, dialysis treatment center information and the Fresenius Kidney Care Emergency Hotline number (**1-800-626-1297**)
- Support team contact information**—so you have easy access to phone numbers or emails for your family, friends and social worker

Supplies:

- An extra 6-day supply of all your current medications**—For dialysis and any other conditions
- 6 days of food and water that fits the tailored [Emergency Meal Plan](#) provided by your dietitian**
 - Canned food (preservative-free)
 - 3 or more gallons of water for drinking, cooking and bathing
 - Bagged ice in your freezer and a cooler in case you lose power

If you have questions about your [Emergency Meal Plan](#), ask your dietitian today.

- Necessary medical supplies and dialysis equipment** (if you're on at-home dialysis)
- A radio, flashlight, batteries and a non-electric can opener**

Other preparations:

- Update your contact information with your dialysis center**—If you change addresses or phone numbers
- Make an evacuation plan**—If there's an emergency or disaster in your area and you need to leave home, have a destination and evacuation plan, and share them with your family—find more information online at: www.ready.gov/evacuating-yourself-and-your-family
- Know your emergency medication adjustments**—Ask your doctor if any medications should be adjusted in extreme circumstances, especially if you have diabetes