WHAT	Examples of Items		WHERE to find – i.e. Bedroom		
Health & Well-being	Medications Insulin and equipment Vitamins Eye-glasses / Sunglasses / Co Hearing and other Aid items Example: apnea equipment				
Clothing & Accessories	Jacket Shoes Under-garments, tops, pants Work clothes Sports equipment Watch / Jewelry				
Food	Special diet considerations Immediate needs Snacks				
Hygiene			urself, WHY do I need it? Irreplaceable eded for Work/ School / to keep in touch		
Communications	Mobile phone and Charger Address book Laptop / iPad / USB drives				
Important Papers and Information	Wallet and ID / Keys Passport Insurance papers Will and other important papers Work / School paperwork				
Mobility	Child car seat / Stroller Bicycle or other device, i.e. Walker				
Shelter	Pillows Blankets / sleeping bags Other items needed where you staying	will be	HOW will you carry these items?		
Pets	Pet(s) Pet carrier / Leash / Collar Pet ID and Health record Food, bowls, and other items		Suitcase / Backpack / Garbage bag		