

List of Items to Bring to a Special Needs Shelter

- ▶ Pillow
- ▶ Blanket or sleeping bag
- ▶ Air mattress (with pump) or folding cot
- ▶ Cell phone
- ▶ Battery operated radio with extra batteries
- ▶ Headphones or earpiece
- ▶ Flashlight with extra batteries
- ▶ Medications (including prescriptions and over the counter)
- ▶ Rain coat or poncho
- ▶ Jacket or sweater
- ▶ Change of clothing
- ▶ Laundry bag or old pillowcase
- ▶ Food for your emergency renal diet
- ▶ Games, magazines, or puzzles to pass the time
- ▶ Identification and important papers, including insurance and bank information
- ▶ Cash (not too much!)
- ▶ Toiletry items and toilet paper
- ▶ Towels



And last, but not least:

An open mind and a positive attitude!