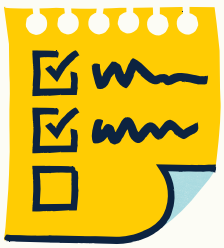
Cystic Fibrosis Trust



Grab bag checklist

Recommended items to help you prepare and pack your essentials

Staying well

- ☐ Medication list (paper copy)
- ☐ Cold-water sterilisation kit for nebulisers/ airway clearance equipment ·
- ☐ First aid kit (see St John Ambulance for recommended items)

Staying clean and warm

- ☐ Basic toiletries (toothbrush, toothpaste, sanitary towels, deodorant, toilet roll)
- ☐ Hand sanitiser and wet wipes
- ☐ Spare clothes, blankets and sleeping bags

Staying connected

- ☐ Emergency contacts list (paper copy)
- ☐ Fully charged power bank (for your phone and medical equipment)
- ☐ Spare phone charger
- ☐ Wind-up or battery-operated torch (with spare batteries)
- ☐ Wind-up or battery-operated FM radio (with spare batteries)
- ☐ Spare home and car keys
- ☐ Printed copy of important documents (such as, your passport, insurance policies)

Additional items to consider

- ☐ Spare glasses or contact lenses
- ☐ Hearing aids with charger or spare batteries
- ☐ Seasonal items: sun cream, spare sunglasses, hat (winter and summer), scarf and gloves, rainproof jacket
- ☐ Cash (for essentials in case ATMs or electronic payments are offline)

If you're asked to leave your home by the emergency services, you should:

1. Grab your medication

- ☐ CFTR modulator (Kaftrio, Alyftrek)
- ☐ Pancreatic enzymes (Creon)
- ☐ PPIs (proton pump inhibitors such as, omeprazole)
- ☐ Inhaled antibiotics and mucolytics (for example, tobramycin)
- ☐ Oral antibiotics
- ☐ Steroids
- ☐ CF diabetes supplies (such as, insulin)
- ☐ Ursodeoxycholic acid ('urso', to manage liver disease)
- ☐ Immunosuppressant medication (if you've had a transplant)
- ☐ Furosemide or similar (a loop diuretic, generally used post-transplant)
- ☐ Inhalers (for instance, Ventolin)
- ☐ Vitamins and supplements (for example, vitamin D)
- ☐ Prescribed iron tablets (such as, ferrous sulphate)

2. Grab your medical equipment

- ☐ Nebulisers/airway clearance equipment
- ☐ Blood-glucose monitors
- ☐ Power cables

3. And, if you have time...

- ☐ Turn off gas and electricity at the mains and the water supply (learn how to do this if you don't know already)
- ☐ Close all windows
- ☐ Lock all doors

Once you have evacuated and are in a safe location, let your CF team know as soon as possible.

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