

## Grab 'n Go Bags

Have a *Grab 'n Go Bag* for each person in the house



### Adults

- o Flashlight, batteries, and light sticks
- o Portable radio and batteries
- o Keys (house and car)
- o Money (coins and bills)
- o Glasses, contacts lenses and solutions
- o Medications (at least one-week supply)
- o Specialized medications (allergies, etc)
- o Comfortable clothing (sweats, extra underwear)
- o Jacket, cap or hat
- o Comfortable shoes, two pairs of socks
- o Pocket knife
- o Watch or clock
- o Paper and pencil
- o Whistle (call for help if trapped)
- o Emergency phone list, out-of-state contact #
- o Lists of people to notify if you are injured
- o Copies of important documents: Insurance, Identification, social security, etc. (Med Forms)
- o First aid kit (extra bandages, gauze, band-aids)
- o Sunscreen
- o Insect Repellant
- o Toiletries: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissues, wet wipes, deodorant, etc.
- o Toilet paper and trash bags
- o Zip-lock bags, plastic grocery bags
- o Good book, playing cards, crossword puzzles
- o Current photo of family and pets
- o Blanket (emergency and warm ones)
- o Work gloves, several pairs of nitrile gloves
- o Emergency tent and/or ground cloth
- o Hard hat
- o Dust mask – that fits to face (two)
- o Hammer, folding shovel, crowbar
- o Rope and duct tape
- o Eating utensils and bowls
- o Drinking water – store in a separate place (minimum one gallon per person per day)
- o Food (stable, canned with can opener)
- o Snacks (granola bars, trailmix, nuts)



### Senior or Disabled

These items are in addition to the Adult *Grab 'n Go Bag*

- o Food for special diet needs
- o Batteries for hearing aids, wheelchair, etc.
- o List of style and serial # of medical devices
- o Special supplies: oxygen, catheters, etc.
- o Extra warm clothes, sox, hat, gloves, shoes
- o Prescriptions for eyeglasses (most current, preferably within one year)
- o Personal sanitary items, incontinence pads and/or pants
- o For guide dogs, see **Pet Grab 'n Go Bag**



### Infants and Toddlers

These items are in addition to the Adult *Grab 'n Go Bag*

- o Formula, disposable bottles, nipples
- o Diapers, disposable pants and wipes
- o Instant baby cereal
- o Bowl and spoon
- o Sunscreen and insect repellent
- o At least two changes of clothes
- o Light jacket and hat
- o Current photo of whole family & pets
- o Thermometer
- o Medicine dropper or syringe
- o Pedialyte, electrolyte replacement solution
- o Tylenol, Triaminic and other medications
- o Firm soled slippers or shoes
- o Toys, books, stuffed animals, blanket
- o Authorization to Consent to Treatment of Minor Form, completed

## Pets

Keep your Pet *Grab 'n Go Bag* in an easily accessible location near your own emergency supplies



- |                       |                                 |   |
|-----------------------|---------------------------------|---|
| o Food                | <b><u>Pet First Aid Kit</u></b> | ... o Extra name tag                        |
| o Water               | o Scissors                      | ... o License number                        |
| o Bowls               | o Gauze pads                    | ... o Pet carrier or crate for each pet     |
| o Leash or lead       | o Wipes                         | (keep near the bag)                         |
| o Muzzle              | o Instant cold pack             | ... o Name, address and phone number of     |
| o Poop scooper, bags  | o Adhesive tape                 | veterinarian                                |
| o Treats and Toys     | o Rolled bandages               | ... o Vaccination and medical records       |
| o Blanket/Bedding     | o Tweezers                      | ... o Allergy or other special instructions |
| o Clumping Cat Litter | o Soap                          |   |

## Car Emergency Kit

- o Water
- o Food (canned, dehydrated, snacks)
- o Sweater or jacket, extra clothing
- o Comfortable walking shoes and socks
- o Money (coins and bills)
- o Flashlight (and extra batteries)
- o Space blanket and a soft blanket
- o First Aid Kit (bandages, gauze, etc.)
- o Pocket Knife
- o Matches (waterproof)
- o Flares
- o Fire extinguisher
- o Work gloves
- o Jumper cables
- o Pencil and paper
- o Tools (screwdriver, pliers, wire, crowbar, rope, etc.)
- o Emergency phone numbers, including your contact person
- o Maps of your most often traveled routes
- o Personal items: such as eyeglasses, toothbrush and toothpaste, hand sanitizers, tissues, wet wipes, toilet tissue, hand lotion
- o Special needs: medication (such as antihistamine), diapers, infant formula, etc.
- o Something to do: book, crossword puzzles or games
- o Current photo of family and pets
- o Add pet items if your pet travels with you

