Grab ‘n Go Bags
Have a Grab ‘n Go Bag for each person in the house

Adults

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

Senior or Disabled

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

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

Infants and Toddlers

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

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

Grab ‘n Go Bag checklists are courtesy of Costa Mesa Fire Department and Citizen Corps.

Sept. 2015
Pets

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

- Food
- Water
- Bowls
- Leash or lead
- Muzzle
- Poop scooper, bags
- Treats and Toys
- Blanket/Bedding
- Clumping Cat Litter

Pet First Aid Kit

- Scissors
- Gauze pads
- Wipes
- Instant cold pack
- Adhesive tape
- Rolled bandages
- Tweezers
- Soap
- Extra name tag
- License number
- Pet carrier or crate for each pet (keep near the bag)
- Name, address and phone number of veterinarian
- Vaccination and medical records
- Allergy or other special instructions

Car Emergency Kit

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