

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)
- Comfortable shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket, cap or hat
- Whistle (call for help if trapped)
- Pocket knife
- Watch or clock
- Paper and pencil
- Response packet (baggie from NSP)
- 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)
- Small first aid kit
- Sunscreen
- Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, etc.
- Toilet paper
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Lightweight blanket
- Plastic ground cloth
- Emergency tent
- Hard hat
- Dust mask – that fits to face (two)
- Hammer and folding shovel
- Crow bar (may need to remove debris)
- Rope
- Drinking water – store in a separate place (minimum one gallon per person)
- Snacks (granola bars, trailmix, peanut butter)



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.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items
- 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 and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light jacket
- Current photo of whole family & pets
- Thermometer
- Medicine dropper
- Pedialyte, electrolyte replacement solution
- Tylenol, Triaminic and other medications
- Firm soled slippers or shoes
- Toys, books, stuffed animals
- 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



Pet First Aid Kit

- | | | |
|--|--|---|
| <input type="checkbox"/> Food | <input type="checkbox"/> Scissors | <input type="checkbox"/> Extra name tag |
| <input type="checkbox"/> Water | <input type="checkbox"/> Gauze pads | <input type="checkbox"/> License number |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Wipes | <input type="checkbox"/> Pet carrier or crate for each pet
(keep near the bag) |
| <input type="checkbox"/> Leash | <input type="checkbox"/> Instant cold pack | <input type="checkbox"/> Name, address and phone number of
veterinarian |
| <input type="checkbox"/> Muzzle | <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Vaccination and medical records |
| <input type="checkbox"/> Poop scooper, bags | <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Allergy or other special instructions |
| <input type="checkbox"/> Treats | <input type="checkbox"/> Tweezers | |
| <input type="checkbox"/> Toy | <input type="checkbox"/> Soap | |
| <input type="checkbox"/> Clumping Cat Litter | | |

Car Emergency Kit

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- Space 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 – eyeglasses, toothbrush and toothpaste, soap, tissues, hand wipes, toilet tissue, etc.
- Special needs – medication, diapers, infant formula, etc.
- Favorite book, crossword puzzles or games
- Current photo of whole family & pets

