

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

