

Grab 'n GO

Have a *Grab 'n Go Bag* for each person in the house and attach it to the bed.

ADULT

- Flashlight, batteries, and light sticks
- Portable radio and batteries
- Keys (house and car)
- Money (coins and bills)
- Glasses, contact 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)
- Sunscreen
- Pocket knife
- Watch or clock
- Paper and pencil
- "Okay" and "Help" signs
- Emergency phone list, out-of-state contact #
- Lists of people to notify of you are injured
- Copies of important documents: insurance, identification, social security, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, razor, washcloth, face towel, shampoo, lotion, 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 (two)
- Hammer and folding shovel
- Crow bar (may need to move debris)
- Rope
- Drinking Water – store in a separate place, minimum one gallon per person)
- Snacks (granola bars, trail mix, peanut butter)



SENIORS 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 model and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Protective undergarments, disposable bags, ties, wipes)
- 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
- Thermometer
- Medicine dropper and Medications
- Pedialyte, electrolyte replacement solution
- Firm soled 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.

- Food
- Water
- Bowls
- Leash
- Muzzle
- Poop scooper, bags
- Treats
- Toy
- Extra Name Tag
- License number



- Pet carrier or crate for each pet
- Name, address and phone number of veterinarian
- People to contact to take care of the animal
- Vaccination and medical records
- List of Special Instructions

Pet First Aid Kit

- Scissors
- Gauze pads
- Wipes
- Instant cold pack
- Adhesive tape
- Tweezers
- Soap



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, soap, tissue, hand wipes, etc.)
- Special needs (medication, diapers, infant formula, etc.)
- Favorite book, crossword puzzles, or games

OFFICE EMERGENCY KIT

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- First Aid Kit (bandages, gauze, etc.)



- Emergency Phone Numbers, including your contact person
- Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.)
- Medication
- Favorite book, crossword puzzle, or games
- List of people to notify if you are injured
- Keys (house and car)