

# EMERGENCY GRAB & GO BAG

## Suggested Items:

- Water, three day supply (minimum 1 litre per person a day, ideally 4 litres a day); water purification tablets (or household bleach);
- Food bars, preserved foods
- Clothing, walking shoes
- Work gloves
- Dust mask
- Goggles
- Emergency blanket
- First Aid Kit
- Multi purpose knife
- 12 hour light sticks
- Flashlight
- Battery operated radio
- Batteries
- Sportsman's saw
- Survival bag (shelter)
- Whistle
- Pouch and money (should include coins)
- Extra keys for your car and house
- Personal toiletries (toothbrush/paste, soap, face cloth, mirror, comb etc.)
- Medicine (should include Rx, Rx glasses etc.)
- Dry pet food (don't forget pets' Rx)
- Writing pad and pencil (especially useful for leaving notes)
- Large garbage bags
- String (misc. uses, i.e. shoelaces etc.)
- Duct tape (repair poncho, shelter, plastic bags etc.)
- Favorite toy/picture of family/copies of ID
- Games (i.e. deck of cards)
- Emergency phone contact list