



Grab & Go Bag

Kept in the home this kit is designed to 'bug-out' if there is an evacuation order, fire, or other emergency that requires you to leave your house in a hurry. This kit should be equipped to last you 72 hours, and be manageable to carry (or roll depending on your bag.)

Each family member should have a Grab & Go Bag tailored to their unique needs, and like all emergency kits, all Grab & Go bags should contain a flashlight and first aid kit. The family may be separated, so these items are important for each bag.

In addition to a kit, be sure to know how to shut down your gas lines, water lines, and electricity. Do not shut off your gas unless directed by professionals.

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Suggested Contents:

1. Safety pin a list of last minute items to be added to the outside of the backpack. Items like medications (talk to your doctor about building an emergency supply), infant foods, special needs items, and comfort items.

2. At least two litres of water per person per day (6 litres per person). Water pouches, Blue Can Water, water filters/purifiers, and treatment tablets are all good long shelf life solutions.

3. Pack at least 1200 calories per person each day in energy bars, ration bars, MREs, nuts, dried fruit, or cans (pack a manual can opener if choosing this option.)

4. Layered clothing that can be adjusted to suit the season. Also include walking shoes and rain gear.

5. Copies of important documents (hard copy or USB) in a waterproof envelope or bag. Include children's birth certificates, or other ways to prove guardianship.

6. Cash in a variety of bills/coins. ATMs will likely be out of service.

7. Hygiene supplies (toilet paper, washing kit, toothbrush/paste, etc)

8. Multitool / Swiss Army Knife

9. Flashlight – ideally with multiple powering options (crank/solar)

10. Cell phone / laptop / chargers as needed.

11. Note pad and Pen, use the first page to list out of town contacts.

12. Over the counter pain medication, cough drops, and stomach medication.

13. Work gloves, dust masks, safety glasses