

Grab-N-Go

A Grab-N-Go bag is used to help ease the stress if you are stranded on the road for a few hours or asked to quickly evacuate your home. Please use these suggestions to get you started on a Grab-N-Go bag project for your family. You should have a Grab-N-Go bag for each member of the family, tailored to the individual likes and needs.

Children enjoy family projects so be sure to involve them in the assembling of their Bags. Allow them to personalize the contents with their favorite snacks and games to keep them entertained. This will reduce stress on every one involved.

Remember, the Grab-N-Go bag is NOT to take the place of a **Family Emergency Supply Kit!** It is only a fraction of what you will need when a major disaster strikes.

Selecting Your Bag!

Lets start by selecting a bag. I prefer a backpack. For me, they are easier to carry and you can get a good sturdy one for a reasonable price. You could also put last years school backpack to use. If you prefer, another type of bag, that's ok too. But be sure to select one that will be comfortable for you to carry and easy to store.

Chose the bag that suites you best. Back pack, luggage on wheels or a shoulder strap



What should you put in your bag?

Give it some thought!

You know better than any one else what your family will need to ease the stress of an emergency.

- Keep in mind any special needs that you or your loved one may require.
- Don't try to get it all together at once. It will be a better bag if you put it together a little at a time and give yourself time to think of what you might need.
- Don't ever consider it a **finished job**, you will always need to check it and change it.
- Update your bag, as the seasons change or your family needs change.
- Watch for expiration dates and switch out any snack foods or water before it expires.
- Remember your child will need toys or other entertainment items.
- Insurance policy numbers and other important numbers can speed up recovery, no mater how small or large the event may be.
- Every Grab-N-Go bag will be a little different. But the basics, food, water and comfort will need to be considered for all family members.
- Store it in an easy to get to place.

Why Prepare...
Because You Care

Adult Bag

- Flashlight, batteries, and light sticks
- Portable radio and extra batteries
- Extra set of keys (house and car)
- Money (coins and small bills)
- Glasses, contacts lenses and solutions
- Medications (at least one-week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing and extra underwear)
- Jacket or sweatshirt
- Whistle (call for help if trapped)
- Pocket knife
- Paper and pencil
- "Okay" and "Help" signs
- Emergency phone list, out-of-state contact numbers.
- Lists of people to notify if you are injured
- Copies of important documents: insurance policy numbers, identification card, social security number, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, sunscreen, toilet paper etc.
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Blanket
- Plastic ground cloth
- Dust mask
- Water

Seniors or Disabled Bag

Suggestions for seniors, these items are in addition to the Adult Grab-N-Go bag .

- Any special diet foods that are needed
- Batteries for hearing aids, wheelchair, etc.
- List of style and serial # of medical devices
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Depends, disposable bags, ties, wipes)
- For guide dogs see Pet Grab-N-Go bag.

Infant and Toddler Bags

These items are in addition to the Adult Grab-N-Go bag.

- Formula, disposable bottles, nipples.
- Pacifier (if your child uses one)
- Diapers and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light jacket
- Thermometer
- Medicine dropper
- Pedialite, 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