



Grab and Go Bag Content List



- ❑ Bottled water and ready-to-eat food such as energy bars
- ❑ Comfortable, all-season clothing (gloves, toque, rain poncho, etc)
- ❑ Firm soled shoes
- ❑ First aid items, eye glasses and hearing aid batteries
- ❑ Flashlight and batteries
- ❑ Cell phone charger
- ❑ Pen and note pad
- ❑ Medications
- ❑ Money (including coins and small denomination bills)
- ❑ Playing cards, book or small game
- ❑ Radio and batteries, or crank radio
- ❑ Multi-tool
- ❑ Spare keys
- ❑ Toilet paper or wet wipes
- ❑ Personal hygiene supplies and hand sanitizer
- ❑ Whistle and dust mask
- ❑ Special items for babies and toddlers
- ❑ Comfort items and family photos including pets
- ❑ Copy of your family's plan including important contact information
- ❑ Copies of documents such as birth certificates, prescriptions and home insurance on a password protected memory stick or hard copy