

Grab 'n Go Kits

Have a Grab 'n Go Kit for each person in the house. Keep it by your bed. If you need to evacuate, grab your bag and go.



Adult Bag

- 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 walking shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket or sweatshirt
- Whistle (call for help if trapped)
- Pocket knife
- Paper and pencil
- "Okay" and "Help" signs (provided by CERT)
- Emergency phone list, out-of-state contact #
- Lists of people to notify if you are injured
- Copies of important documents: insurance, identification, social security, 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, etc.
- Toilet paper
- 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
- Crow bar (may need to remove debris)
- Drinking water – store in a separate place (minimum one gallon per person)
- Food
- Snacks (granola bars, trail mix, peanut butter)



Seniors or Disabled Bag

These items are in addition to the Adult Grab 'n Go Kit

- Food for special diet needs
- Batteries for hearing aids, wheelchair, etc.
- List of style and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Depends, disposable bags, ties, wipes.)
- For guide dogs see Pet Grab 'n Go Kit



Infant and Toddler Bags

These items are in addition to the Adult Grab 'n Go Kit

- 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
- 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.