

Emergency Supply Kit List

ADULT

Have an EMERGENCY KIT for each person.

- | | |
|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Flashlight, batteries, and light sticks <input type="checkbox"/> Portable radio and batteries <input type="checkbox"/> Keys (house and car) <input type="checkbox"/> Money (coins and bills) <input type="checkbox"/> Glasses, contact lenses and solutions <input type="checkbox"/> Medications (at least one week supply) <input type="checkbox"/> Comfortable shoes, two pairs of socks <input type="checkbox"/> Comfortable clothing (sweats, extra underwear) <input type="checkbox"/> Jacket, cap, or hat <input type="checkbox"/> Whistle (call for help if trapped) <input type="checkbox"/> Sunscreen <input type="checkbox"/> Pocket knife <input type="checkbox"/> Watch or clock <input type="checkbox"/> Paper and pencil <input type="checkbox"/> "Okay" and "Help" signs <input type="checkbox"/> Emergency phone list, out-of-state contact # <input type="checkbox"/> Lists of people to notify of you are injured <input type="checkbox"/> Copies of important documents: insurance, identification, social security, etc. <input type="checkbox"/> Small first aid kit | <ul style="list-style-type: none"> <input type="checkbox"/> Toilet articles: comb, toothbrush, toothpaste, soap, razor, washcloth, face towel, shampoo, lotion, lip balm, emery board, nail clipper, sanitary products, tissue, etc. <input type="checkbox"/> Toilet Paper <input type="checkbox"/> Zip-lock bags, plastic grocery bags <input type="checkbox"/> Book, playing cards, crossword puzzles <input type="checkbox"/> Work gloves, several pairs of latex gloves <input type="checkbox"/> Lightweight blanket <input type="checkbox"/> Plastic ground cloth <input type="checkbox"/> Emergency tent <input type="checkbox"/> Hard Hat <input type="checkbox"/> Dust Mask (two) <input type="checkbox"/> Hammer and folding shovel <input type="checkbox"/> Crowbar (may need to move debris) <input type="checkbox"/> Rope <input type="checkbox"/> Drinking Water – store in a separate place, minimum one gallon per person) <input type="checkbox"/> Snacks (granola bars, trail mix, peanut butter) <input type="checkbox"/> Consider additional items for persons with additional requirements or medical conditions |
|--|--|



SENIORS

Additional to the adult Grab 'n Go Bag.

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Food for special diet needs <input type="checkbox"/> Batteries for hearing aids, wheelchair, etc. <input type="checkbox"/> List of model and serial # of medical devices <input type="checkbox"/> Special supplies: oxygen, catheters, etc. | <ul style="list-style-type: none"> <input type="checkbox"/> Prescriptions for eyeglasses (not older than one year) <input type="checkbox"/> Personal sanitary items (Protective undergarments, disposable bags, ties, wipes) <input type="checkbox"/> For guide dogs see Pet Grab 'n Go Bag |
|---|--|

INFANTS AND TODDLERS

Additional to the adult Grab 'n Go Bag.

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Formula, disposable bottles, nipples <input type="checkbox"/> Diapers and wipes <input type="checkbox"/> Instant baby cereal <input type="checkbox"/> Bowl and spoon <input type="checkbox"/> Sunscreen <input type="checkbox"/> At least two changes of clothes <input type="checkbox"/> Light Jacket | <ul style="list-style-type: none"> <input type="checkbox"/> Thermometer <input type="checkbox"/> Medicine dropper and Medications <input type="checkbox"/> Pedialyte, electrolyte replacement solution <input type="checkbox"/> Firm soled shoes <input type="checkbox"/> Toys, books, stuffed animals <input type="checkbox"/> Authorization to Consent to Treatment of Minor Form, completed |
|---|--|





PETS

Keep your pet Grab 'n Go Bag in an easily accessible location near your own emergency supplies.



- Food
- Water
- Bowls
- Leash
- Muzzle
- Poop bags
- Treats
- Toy
- Extra name tag
- License number

- Pet carrier or crate for each pet
- Veterinarian Contact Information (name, address, and phone number)
- Back-up pet caretaker information
- Vaccination and medical records
- Care instructions

Pet First Aid Kit

- Scissors
- Gauze pads
- Wipes
- Instant cold pack
- Adhesive tape
- Tweezers
- Soap
- Medication

CAR EMERGENCY KIT

Keep your Grab 'n Go Bag hidden from direct sunlight.



- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- Space Blanket
- First Aid Kit (bandages, gauze, etc.)
- Pocket Knife
- Matches (waterproof)
- Flares
- Fire Extinguisher
- Work gloves
- Jumper cables

- Pencil and paper
- Tools (screwdriver, pliers, wire, crowbar, rope, etc.)
- Emergency Phone Numbers, including your contact person
- Maps of your most often traveled routes
- Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.)
- Special needs (medication, diapers, infant formula, etc.)
- Favorite book, crossword puzzles, or games



WORKPLACE EMERGENCY KIT

Keep your Grab 'n Go Bag nearby your workstation.

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- First Aid Kit (bandages, gauze, etc.)

- Emergency Phone Numbers, including your contact person
- Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.)
- Medication
- Favorite book, crossword puzzle, or games
- List of people to notify if you are injured
- Keys (house and car)