

Recommend Grab-and-Go Bag Supplies*

Even though you have supplies at home you may have to evacuate quickly (tsunami, fire, chemical spill, etc). And you may not be at home (or able to get home) when disaster strikes, so keep your go-bag in your car!

Remember the “Rule of Threes”. You can live 3 hours without warmth and shelter, you can live 3 days without water, you can live 3 weeks without food. The actual time may vary from individual to individual, but this helps you set priorities on what to put in your go-bag.

Warmth & Shelter

- Hat, gloves, scarf
- Rain gear, poncho or raincoat/rain jacket
- Emergency blanket
- Lightweight plastic tarp or tube tent
- Plastic sheeting
- Duct tape

Water

- An average person needs 1/2 gal of water a day for drinking. Carry as much as you can but do not compromise mobility.
- A water filter is very helpful for long term needs.

Food

- Ready to eat canned food (meats, fruits, vegetables)
- Hi-energy foods (peanut butter, etc)
- Comfort food (cookies, candy, etc)
- manual can opener

Tools

- Crank Flashlight or standard flashlight with plenty of batteries. A headlamp is good ... it keeps your hands free!
- Radio and extra batteries, NOAA radio too!
- Multi-tool (knife, pliers, screwdriver, etc)
- Map of the area
- Cash, small change
- Two-way radios
- Extra set of car keys and house keys
- Whistle
- Matches or other fire-starter
- Scissors

Sanitation

- Toilet paper and plastic bags
- Soap, handi-wipes, hand sanitizer
- Small trash bags
- N95 or surgical masks

Other

- Family and Emergency contact information
- Medications: Both prescription and non-prescription, 7 day supply
- First aid supplies
- Photo of each person in your household
- Important phone numbers
- Proof of medical insurance

- Copies of important papers (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
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Consider the needs of everybody in your family, such as:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)

*Based on supplies recommended by Red Cross at

www.redcross.org/prepare/location/home-family/get-kit