



# Emergency

## Grab & Go Bag

Before an evacuation you should have this bag completed. When you are requested to leave your home and go to an Emergency Social Services Reception Centre, a Grab & Go Bag should be small enough for you to carry but sustain you and your family for 6-12 hours. The following are some items that are recommended for this bag:

FOOD	MEDICAL	TOILETRIES
<ul style="list-style-type: none"> <li>✓ 4 litre of water for each person</li> <li>✓ Favourite high energy snack</li> <li>✓ Non-perishable food for 3 days</li> </ul>	<ul style="list-style-type: none"> <li>✓ Medications</li> <li>✓ A copy of prescriptions</li> <li>✓ Spare eyeglasses</li> <li>✓ Hearing aids and batteries</li> <li>✓ Small first aid kit</li> </ul>	<ul style="list-style-type: none"> <li>✓ Toothbrush and toothpaste</li> <li>✓ Soap</li> <li>✓ Hand sanitizer</li> <li>✓ Comb and/or brush</li> <li>✓ Toilet paper</li> <li>✓ Feminine hygiene products</li> </ul>
IMPORTANT DOCUMENTS	OTHER	COMFORT ITEMS
<ul style="list-style-type: none"> <li>✓ Identification</li> <li>✓ Family emergency contact list</li> <li>✓ Copy of care card numbers</li> <li>✓ Insurance papers (add pictures of your house and contents)</li> <li>✓ Passport numbers</li> <li>✓ Spare keys for house/car</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cell phone chargers</li> <li>✓ Hand-crank flashlight</li> <li>✓ Radio (with batteries)</li> <li>✓ Orange garbage bag (could be used as a poncho or for garbage)</li> <li>✓ Emergency blanket for each member</li> <li>✓ Small hoodie or jacket</li> <li>✓ A good whistle</li> <li>✓ Cash (coins and small bills)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Some family pictures</li> <li>✓ Small games or stuffed toy for children</li> <li>✓ Clothing for 3 days</li> </ul>
SPECIALTY ITEMS		
BABY CARE		PET CARE
<ul style="list-style-type: none"> <li>✓ Baby food</li> <li>✓ Bottles</li> <li>✓ Medication</li> <li>✓ Diapers</li> <li>✓ Wipes</li> </ul>		<ul style="list-style-type: none"> <li>✓ ID Tag</li> <li>✓ Leash and collar</li> <li>✓ Food and treats</li> </ul>

\*\*\*This Grab and Go Bag should be placed at the door you use the most to exit your home so you don't have to go looking elsewhere for it. If local authorities call for an evacuation, be prepared to leave NOW. Take your Grab & Go Bag and Cell Phone with you.