

Emergency Preparedness Grab-n-Go

What should I grab if I have 5 minutes:

- Critical medications
- Critical paperwork (financial, medical, birth certificates, marriage certificates, death certificates, wills/trusts, mortgage or rental agreements, etc...) in fire-proof case when possible
- Photos of each room of your house and items in your home (take these before and keep with your critical paperwork or in a folder on your phone/computer – backed up to a cloud if possible)
- Important phone numbers
- Essential valuables
- Pets. leash and Supplies
- Change of clothing and toiletries
- Cell phone & charger
- Evacuation route map with at least two evacuation routes highlighted.
- Bug Out Bin (See attached)
- Baby formula

What should I grab if I have 10 minutes:

- List of elderly neighbors and local family members with addresses and phone numbers
- Specific photos that are irreplaceable
- Laptop/Computer Hard Drive
- Additional essential valuables/family heirlooms
- Keys to safety deposit box
- Additional clothing
- Water
- Non-perishable snacks

What should I grab if I have 15 minutes:

- Additional photos, important paperwork, family cookbooks
- Additional essential valuables
- Additional family heirlooms
- Additional clothing
- Sleeping bag/blankets

What should I grab if I have 45 minutes:

- Livestock, supplies & transportation (If unable to transport – paint name and phone number on livestock.)
- Additional items from above

BUG OUT BIN

| Medical Supplies | Warmth & Cold | Water & Cooking | Fuel, Light & Electrical | Safety & Hygiene |
|--|-------------------------------|---|--|---|
| Large First Aid Kit | Hot Hands & Hot Feet | Water in pouches or cans (that pack easily) | LED Flashlights | Battery/Crank NOAA radio with flashlight & charger |
| First Aid Manual | Instant Ice Packs | Datrex 3600 Calorie Bars | LOTS of Batteries! | Whistle(s) |
| ** PUT NOTE on bins to grab meds & glasses! | Reflective Mylar Blankets | Gallons of water to grab (try to grab at least 1) | Cooking Stove: Esbit, Sterno, Coleman, Ohuhu, or Iwatani | Hand Sanitizer, sanitation wipes, towelettes |
| Copies of prescription meds | Emergency Mylar Sleeping Bags | 3 Days of Portable Food: MH Pouches, MREs | Cooking fuel: Esbit, Sterno, propane or wood | Toilet Paper, Paper Towels |
| Copies of eye prescriptions | Rain Ponchos | Mess Kit to boil water | Solar Battery Charger | Feminine Products |
| Latex Gloves | Warm Blankets | Bleach, water disinfectants | LED Lanterns (small) | Garbage bags & plastic ties |
| N95 Masks | | Water filters | LED Headlamp (optional) | Travel toothbrushes and toothpaste |
| Burn Dressing | | Manual can opener | Lightsticks (optional) | Underwear for 3 days and change of clothing |
| QuikClot Clotting Gauze | | Cooking Utensils (spoon) | 115 Plus Hour Candles | Kleenex |
| QuikClot Clotting Crystals | | Pot holders | Waterproof matches | Toenail Clippers |
| Dental Repair Kit | | Bowls & cups | Lighter | Fire Extinguisher |
| IOSAT Potassium Tablets | | Utensils | | |
| Glasses Repair Kit | | Measuring cup for preparing food | | |
| Aspirin | | Medicine dropper (for bleach) | | |
| Ibuprofen | | | | |
| Acetaminophen | | | | |
| Benadryl (or generic version) | Infants & Children | Pets | Tools & General | Cash, Records, Maps |
| Neosporin | Baby food, formula | Pet Meds and records !!! | Duct Tape | Financial Documents |
| Antacids | Diapers | Water for pets !!! | Plastic Sheeting | Financial Binder |
| Laxatives, Diarrhea remedy | Baby Wipes | Pet food in airtight container | Multifunction Tool | Good Supply of cash! |
| Tweezers | Diaper creams | Collapsible pet bowls | Leather Gloves | - with small bills (\$5 & \$1) |
| Thermometer | Bottles | Extra leash, collar in kit | Rope | - and coins |
| Hydrogen Peroxide | Pacifiers | Portable crate | Scissors | Maps of local area |
| Rubbing Alcohol (travel size) | Books, games, puzzles | Extra ID Tag, photo of you & pet (proof of ownership) | Safety Pins | Disaster survival resources – books, printouts, etc |
| Contact Lens Solution, contact case, extra glasses | | Pet First Aid Kit (or supplies) | Zip Lock Bags | |
| Sunscreen | | Pet litter, poop bags | Pad of paper, pens, pencils | |
| Hearing Aid Batteries | | Favorite bedding, toy, treat | Pocket Knife | |