

Grab-and-Go-Bag Checklist

Food and Water	<input type="checkbox"/> Ready to eat foods like granola bars or similar <input type="checkbox"/> 1-2 litres of water
Personal Toiletries	<input type="checkbox"/> Soap <input type="checkbox"/> Face cloth <input type="checkbox"/> Towel <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Toilet paper and wet wipes <input type="checkbox"/> Personal Items (e.g., razor, lip balm, deodorant, feminine hygiene)
First Aid	<input type="checkbox"/> Small personal first aid kit <input type="checkbox"/> Tweezers, scissors, nail clippers
Identification (copies)	<input type="checkbox"/> Driver's license <input type="checkbox"/> Fanny pack with ESS responder name tag and photo ID <input type="checkbox"/> Personal photos (including those of pets) <input type="checkbox"/> Out-of-area contact cards <input type="checkbox"/> Important ESS phone numbers
Clothing	<input type="checkbox"/> Seasonal clothing/shoes <input type="checkbox"/> Waterproof jacket <input type="checkbox"/> Baseball cap/toque <input type="checkbox"/> Underwear and socks
Tools and Equipment	<input type="checkbox"/> Whistle <input type="checkbox"/> Flashlight <input type="checkbox"/> Battery operated, wind-up, or solar radio <input type="checkbox"/> Batteries for flashlight and radio (check twice a year) <input type="checkbox"/> Lighter/matches <input type="checkbox"/> Folding knife <input type="checkbox"/> Bottle/can opener <input type="checkbox"/> Garbage bags
Medical Aids	<input type="checkbox"/> Spare eye glasses/contact lenses <input type="checkbox"/> Prescription medications
Extras	<input type="checkbox"/> Cell phone charger <input type="checkbox"/> Space blanket <input type="checkbox"/> Cash in small bills including change for phone calls <input type="checkbox"/> Wide tip permanent marker <input type="checkbox"/> Books, cards, items that make you feel comfortable

Figure 1-5: Grab-and-Go Bag Checklist