

72 Hour Grab and Go Bag

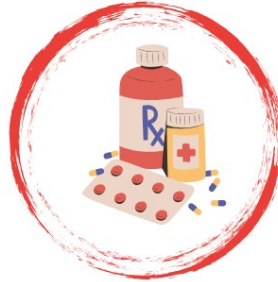
Be ready for any emergency with these essential items!

It is recommended that each household keeps a Grab and Go bag ready with enough supplies to meet your family's needs for at least 72 hours. To provide for your family in the event of an emergency, we suggest you store the following items in one or two containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to.



FIRST AID KIT

Bandages, rubbing alcohol
gauze, medical tape



MEDICATION

At least 72 hours worth



WATER AND CANNED FOOD

At least 2L of water
per person/per day
Non-perishable food items



IMPORTANT DOCUMENTS

ID's, Health Card, Phone Numbers
Insurance, Prescriptions



CHANGE OF CLOTHES

Several sets of seasonal clothing
per person



MISCELLANEOUS

Flash light, batteries,
phone charger(s)
battery bank



TOILETRIES

Toothbrush,
tooth paste, soap,
extra eye glasses,
contact lenses,
diapers

Additional Items:

- Manual can opener
- Special items (ie: formula, walkers)
- Personal hygiene items
- Scissors and a pocket knife
- Hand sanitizer or moist towelettes
- Garbage bags and twist ties
- Hand-crank radio

- Duct tape
- Sleeping bag or warm blankets
- Pet food and medication
- Whistle
- Multi-tools or basic tools
- Dust masks
- Candles, matches, lighter