

Grab & Go Bags

Basic Survival

- two small bottles of water, two energy bars, chewing gum
- one week's worth of prescription medication and copy of prescriptions
- extra pair of eye glasses, batteries for hearing aids, etc.
- emergency blanket (Mylar "space blanket")
- emergency rain poncho or large plastic garbage bag
- whistle and dust mask (earthquakes can stir up thick clouds of dust)
- emergency radio/flashlight with extra batteries
- multi-tool/Swiss Army knife
- mini first aid kit – items such as pain tablets, eye drops, ointment, nitrile gloves, foil pack of water, etc.

Security, Peace of Mind

- photocopies or password-protected USB drive of important wallet contents and insurance policies
- key contacts list, cell phone and phone card
- notebook and pen or retractable pencil
- supply of cash in small bills and coins
- spare keys for home, car, other
- recent photos of family and pets
- book, cards, puzzles
- chargers and adaptors for cell phones and other electronics included in your grab & go bags

Warmth

- hand and foot warmers (chemical packets, two of each)
- pair of socks (wool is warmest even when wet)
- toque/knitted hat
- gloves/mitts
- neck scarf (silk is lightweight and effective)
- sweat pants and zipper hoody (for warmth and can be worn over clothes)

Comfort & Sanitation

- basic toiletries (e.g. toothbrush, toothpaste, soap, hand towel)
- alcohol-based hand sanitizer
- change of underwear
- toilet paper, packet of baby wipes, Ziploc bags
- flip flops (for use in public showers)
- small, rapid-dry camping towel

For Young Children, Include:

- Ziploc bag of important documents
 - ▶ full name, address, date of birth and recent photo of child
 - ▶ names and current photo ID of adults authorized to accompany child (including family members and legal guardians)
 - ▶ name and address of school, family doctor and dentist
 - ▶ immunization history, allergies, current medications and instructions
- small stuffed toy or other favourite item

Car/Mobile Kit

If you spend a lot of time in your car, boat or RV, you should have an emergency kit to supplement your grab & go bag. Regularly maintain your vehicles and keep the fuel tanks at least half full so you're ready to leave in a hurry. Even if you do not have to evacuate, your car can be a place to shelter, recharge your cell phone, warm up or listen to radio reports.

For your car/mobile kit collect the following:

Basic items in a backpack:

- 2 bottles of water
- simple food (e.g. unsalted nuts, granola bars)
- small first aid kit
- walking shoes
- road map and compass
- shovel, traction aids (kitty litter or sand)
- flashlight (extra batteries)
- sweat pants and zipper hoody
- light sleeping bag

If space permits, you may wish to include the following:

- toilet tissue and Ziploc bags
- deck of cards, book
- duct tape and garbage bags
- work gloves
- axe, crowbar and fire extinguisher
- flares, reflective vest(s)
- hardhat, eye goggles and coveralls
- ice scraper and brush
- jump starter and power bank (Eliminator®)

▶ TIPS

- ▶ *Plastic water bottles will absorb vehicle fuel vapours, so foil packs are a good option for mobile kits, or place plastic water bottles in a sealed plastic container.*
- ▶ *A plastic storage bucket for car/mobile supplies can be converted to a toilet if needed. Small, portable toilet seats can be purchased for some types of buckets.*