

A recommended list of items to include in a "Grab and Go" in the event of an emergency and evacuation.

ADULT

- Flashlight, batteries, and light sticks
- Portable radio and batteries
- Keys (house and car)
- Money (coins and bills)
- Glasses, contact lenses and solutions
- Medications (at least one week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket, cap or hat
- Whistle (call for help if trapped)
- Sunscreen
- Pocket knife
- Watch or clock
- Paper and pencil
- "Okay" and "Help" signs
- Emergency phone list, out-of-state contact #
- Lists of people to notify if you are injured
- Copies of important documents: insurance, identification, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, razor, washcloth, face, towel, shampoo, lotion, lip balm, emeryboard, nail clipper, sanitary products, tissue, etc. Toilet Paper
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles

EXTRA SUPPLIES

- Work gloves, several pairs of latex gloves
- Lightweight blanket
- Plastic ground cloth/ Emergency tent
- Hard Hat/ Dust Mask (two)
- Hammer and folding shovel/ Rope
- Crow bar (may need to move debris)
- Drinking Water – store in a separate place, minimum one gallon per person)
- Snacks (granola bars, trail mix, peanut butter)