

EMERGENCY GRAB BAG

ADULT

- Comfortable clothing
- Comfortable footwear
- Extra socks/underwear
- Jacket, cap or hat

- Toiletries: soap, razor, comb, toothbrush, toothpaste, lip balm, nail clipper, washcloth, face towel, sanitary products, tissue, etc.

- Hard hat
- Dust masks
- Work gloves
- Rope
- Hammer and folding shovel
- Crow bar (may need to move debris)
- Whistle (to attract attention)

- Zip-lock bags, plastic grocery bags
- Book, playing cards, crossword puzzles
- Drinking Water – store in a separate place, minimum one gallon per person)
- Bleach

- Small first aid kit
- Several pairs of latex gloves
- Watch or clock
- Flashlight, batteries, and glow sticks
- Pencil and paper
- Portable radio and batteries
- Keys (house and car)
- Sunscreen
- Pocket knife
- Money (coins and small bills)
- Glasses, contact lenses and solutions
- Medications (one week supply minimum)

- Sleeping bag
- Tarp
- Emergency tent

- Emergency phone numbers
- Copies of important documents: insurance, identification, social security, etc.

EMERGENCY ITEMS FOR THE CAR

- Money (coins and small bills)
- Flashlight (extra batteries)
- Space Blanket
- Water
- Food (canned, dehydrated, snacks)
- Maps of common routes travelled
- Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- First Aid Kit (bandages, gauze, etc.)
- Matches (waterproof)

- Pencil and paper
- Multi-Tool (Gerber, Leatherman)
- Crowbar, rope, etc.)
- Emergency Phone Numbers, including your contact person
- Special needs (medication, diapers, infant formula, etc.)
- Book, crossword puzzles, or games
- Flares
- Fire Extinguisher
- Work gloves

ITEMS FOR PETS

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|---------------------------------|--|--|
| <input type="checkbox"/> Leash | <input type="checkbox"/> Scissors | <input type="checkbox"/> Poop scooper, bags |
| <input type="checkbox"/> Muzzle | <input type="checkbox"/> Gauze pads | <input type="checkbox"/> Extra Name Tag |
| <input type="checkbox"/> Food | <input type="checkbox"/> Wipes | <input type="checkbox"/> License number |
| <input type="checkbox"/> Water | <input type="checkbox"/> Instant cold pack | <input type="checkbox"/> Pet carrier or crate for each pet |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Veterinarian Contact details |
| <input type="checkbox"/> Treats | <input type="checkbox"/> Tweezers | |
| <input type="checkbox"/> Toy | <input type="checkbox"/> Soap | |

EMERGENCY ITEMS FOR THE OFFICE

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|--|--|
| <input type="checkbox"/> Water | <input type="checkbox"/> Emergency Phone Numbers |
| <input type="checkbox"/> Food (canned, dehydrated, snacks) | <input type="checkbox"/> Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.) |
| <input type="checkbox"/> Sweater or jacket, extra clothing | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Comfortable walking shoes | <input type="checkbox"/> Favorite book, crossword puzzle, or games |
| <input type="checkbox"/> Money (coins and bills) | <input type="checkbox"/> List of people to notify if you are injured |
| <input type="checkbox"/> Flashlight (extra batteries) | <input type="checkbox"/> Keys (house and car) |
| <input type="checkbox"/> First Aid Kit (bandages, gauze, etc.) | |

INFANTS

- | | |
|---|---|
| <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Light Jacket | <input type="checkbox"/> Medicine dropper and Medications |
| <input type="checkbox"/> Bowl and spoon | <input type="checkbox"/> Firm soled shoes |
| <input type="checkbox"/> Diapers and wipes | <input type="checkbox"/> Toys, books, stuffed animals |
| <input type="checkbox"/> Instant baby cereal | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Formula, disposable bottles, nipples | |

NOTE:

Every business is different and your grab bag contents should reflect your needs. Make sure you have a system in place for keeping emergency contact information current. Check expiration dates of food, water, batteries, and any medication, and replenish those items regularly.

Keep first aid supplies fully stocked.