

WHY YOU NEED A GRAB AND GO KIT

Disasters happen anytime, anywhere. When disaster strikes, you may not have much time to respond. A hazardous material spill on the highway could mean **INSTANT EVACUATION**. An earthquake, flood, tornado or any other disaster could cut off basic services such as gas, water, electricity and communications. After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives? Your family will cope best by preparing for a disaster before it strikes. One way to prepare is by assembling a 72-Hour Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

Preparing Your Kit

- Review the checklist.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.
- Place the supplies you'd most likely need for an evacuation in an easy to carry container. These supplies are listed with an asterisk (*). Possible containers include: a large, covered trash container, a camping backpack, or a duffel bag.

First Aid Kit

Assemble a first aid kit for your home and one for each vehicle.

A first aid kit should include:

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Saline Solution | <input type="checkbox"/> Wet wipes |
| <input type="checkbox"/> Iodine Wipes | <input type="checkbox"/> Insect Repellent | <input type="checkbox"/> Burn Gel |
| <input type="checkbox"/> Zinc Oxide | <input type="checkbox"/> 2 Tongue Blades | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Chapstick | <input type="checkbox"/> Butterfly Sutures | <input type="checkbox"/> Latex Gloves |
| <input type="checkbox"/> Decongestant | <input type="checkbox"/> Ammonia inhalants | <input type="checkbox"/> Vaseline |
| <input type="checkbox"/> Multi-Vitamins | <input type="checkbox"/> Activated charcoal | <input type="checkbox"/> Alcohol pads |
| <input type="checkbox"/> Surgical Blades | <input type="checkbox"/> Antibiotic Ointment | <input type="checkbox"/> Needle |

Tools & Supplies

- | | |
|---|---|
| <input type="checkbox"/> Emergency preparedness manual* | <input type="checkbox"/> Hand axe |
| <input type="checkbox"/> Needles, thread | <input type="checkbox"/> Camp shovel |
| <input type="checkbox"/> Mess kits, or paper cups, plates, and plastic utensils* | <input type="checkbox"/> Hammer |
| <input type="checkbox"/> Non-electric can opener, utility knife* | <input type="checkbox"/> Fold-up saw |
| <input type="checkbox"/> Battery-operated radio and extra batteries or Solar powered radio* | <input type="checkbox"/> Pry bar |
| <input type="checkbox"/> Flash light & extra batteries* | <input type="checkbox"/> Dust masks |
| <input type="checkbox"/> Chemical light sticks | <input type="checkbox"/> Roll twine |
| <input type="checkbox"/> Cash or traveler's checks* | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Map of the area (for locating shelters)* | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water |
| <input type="checkbox"/> Fire extinguisher: Small canister, ABC type | <input type="checkbox"/> Wrenches |
| <input type="checkbox"/> Waterproof Matches | <input type="checkbox"/> Tube tent |
| | <input type="checkbox"/> Cooking stove & fuel |
| | <input type="checkbox"/> Candles |
| | <input type="checkbox"/> Water purification tablets |

Water/Food

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk containers or glass bottles. Food grade plastic containers are most suitable for storing water. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more. Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Never use empty bleach containers to store water. Clearly mark containers "Drinking Water" with the current date.

- Dried beef
- Jerky
- Vienna Sausages
- Corned Beef Hash
- Ready-to-eat
canned meats, fish,
fruits & vegetables
- Potatoes
- White rice
- Beans
- Dry pasta
- Flour
- Baking powder
- Staples-sugar, salt,
pepper
- Dried Spices
- Instant coffee
- Tea Bags
- Canned soups

Food Storage Tips

- Keep food in a dry, cool spot—a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits, and nuts in air-tight containers to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker.
- Place new items at the back of storage area.

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults *

- Insulin
- Prescription drugs
- Denture needs
- Extra eye glasses
- Contact lenses and
supplies
- Heart and high
blood pressure
medication

Entertainment

- Games and books

Clothing & Bedding

*Include at least one complete change of clothing and footwear per person.

- Rain gear*
- Sunglasses
- Thermal underwear
- Hat and gloves
- Blankets or sleeping
bags*
- Sturdy shoes or
work boots*
- Emergency
reflective blank

Suggestions & Reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of your Disaster Supplies Kit in the trunk of your car.
- Keep items in air tight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Ask your physician or pharmacist about storing prescription medications.
- If you store important records on computers, keep backup copies on diskettes and/or keep hard copies on file.
- Keep the tanks on your vehicles full of gas for emergency evacuations.
- Each family member should have their own Grab and Go kit with food, clothing and water. Distribute heavy items between kits.
- Keep a light source in the top of your Grab and Go kit, so you can find it quickly in the dark.
- Personalize your Grab and Go kit. Make sure you fill the needs of each family member.
- Inspect your Grab and Go kit at least twice a year. Rotate food and water every six months. Don't forget to check your medications. Check children's clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water.
- Consider the needs of elderly people as well as those with handicaps or other special needs when building your Grab and Go kit. For example: for babies, store diapers, washcloth, ointment, bottles and pacifiers, and other special supplies.
- The Grab and Go Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, backpack, footlocker, or individual pack.