



# AARP 50+ Emergency Preparedness Check

✓ **“Grab & Go” Bag: Evacuate For Up To 3 Days**

✓ **“Shelter In Place” Bag: For Up to 7 Days**

“Grab & Go” Bag (3 days)	“Shelter in Place” Bag (7 days)
<p><b>Food &amp; Water</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Three (3) days of non-perishable food (ready to eat)</li> <li><input type="checkbox"/> One gallon of water per person per day for at least 3 days</li> <li><input type="checkbox"/> Pet food and water for at least 3 days</li> <li><input type="checkbox"/> Plastic plates, cups and utensils</li> <li><input type="checkbox"/> Hand operated can opener</li> <li><input type="checkbox"/> Paper towels</li> </ul>	<p><b>Food &amp; Water</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seven (7) days of non-perishable food (ready to eat)</li> <li><input type="checkbox"/> One gallon of water per person per day for at least 7 days</li> <li><input type="checkbox"/> Pet food and water for at least 7 days</li> <li><input type="checkbox"/> Plastic plates, cups and utensils</li> <li><input type="checkbox"/> Hand operated can opener</li> <li><input type="checkbox"/> Paper towels</li> </ul>
<p><b>Personal Health &amp; Hygiene</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Hand sanitizer/Disinfectant wipes</li> <li><input type="checkbox"/> Travel size soaps, shampoos and lotions</li> <li><input type="checkbox"/> Dental products</li> <li><input type="checkbox"/> Vision/eye care products/glasses</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Medications (prescription and over the counter)</li> <li><input type="checkbox"/> Medical supplies (hearing aids with extra batteries, syringes, canes, etc.)</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Change of clothing and sturdy shoes</li> <li><input type="checkbox"/> Blanket or sleeping bag</li> </ul>	<p><b>Personal Health &amp; Hygiene</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hand sanitizer/Disinfectant wipes</li> <li><input type="checkbox"/> Travel size soaps, shampoos and lotions</li> <li><input type="checkbox"/> Dental products</li> <li><input type="checkbox"/> Vision/eye care products/glasses</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Medications (prescription and over the counter – include pill box)</li> <li><input type="checkbox"/> Medical supplies (hearing aids with extra batteries, syringes, canes, etc.)</li> <li><input type="checkbox"/> First Aid Kit</li> <li><input type="checkbox"/> N95 or surgical masks</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Garbage bags</li> <li><input type="checkbox"/> Household bleach</li> <li><input type="checkbox"/> Leather work gloves</li> <li><input type="checkbox"/> Change of clothing and sturdy shoes</li> <li><input type="checkbox"/> Blanket or sleeping bag</li> <li><input type="checkbox"/> Nose and mouth protection facemasks</li> </ul>