

Grab 'n Go Kits

Note: Short Term Grab 'n Go Kits refer to a situation in which you can only take what you can carry in one bag. Mid-Term Grab 'n Go Kits refer to when you can take a back pack and a bag on wheels that you can pull along behind you. Long Term Grab 'n Go Kits refer to when you can pack your car and intend to use your car as your primary shelter.

Short Term Grab 'n Go Kit or one small bag

Clothing

- ✓ Waterproof Windbreaker
- ✓ Socks

First Aid

- ✓ First Aid Kit
- ✓ Prescription Drugs
- ✓ Bug Repellent
- ✓ Sun Screen

Food

- ✓ Power Bars
- ✓ Trail Mix

Hygiene

- ✓ Toilet Paper
- ✓ Bar Soap/Hand Sanitizer
- ✓ Sanitary Napkins

Light Source

- ✓ Headlamp
- ✓ Candle

Tools

- ✓ Windup Flashlight
- ✓ Fire Starter
- ✓ Waterproof matches
- ✓ Knife
- ✓ Rope
- ✓ Latrine Trowel
- ✓ NOAA Radio
- ✓ Hatchet
- ✓ Saw
- ✓ Whistle w/neck cord
- ✓ Gloves Shelter
- ✓ Space Blanket
- ✓ Emergency Poncho
- ✓ Sleeping Bag

Water

- ✓ Pocket Emergency Water Filter
- ✓ Canteen or Water Bottles
- ✓ Emergency water packets Misc.

Misc.

- ✓ Roll of quarters
- ✓ Spending money (small denominations)
- ✓ Photos and copies of important papers

Courtesy of Bill Bahrt, Clallam County EMD Volunteer, updated 2012

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Mid-Term Grab 'n Go Kit (add to above) – backpack or bag on rollers

Clothing

- ✓ Change of underwear
- ✓ 1 pair of pants
- ✓ 1 T shirt
- ✓ 1 warm long sleeve shirt
- ✓ Billed cap
- ✓ flip flops (water shoes)

First Aid

- ✓ Spare eyeglasses
- ✓ Burn Gel and Dressings
- ✓ Respirator Mask
- ✓ First Aid Guide

Food

- ✓ 3 days MRE's
- ✓ Small stove/fuel
- ✓ Mess Kit
- ✓ Utensils
- ✓ Pet food/water
- ✓ Condiments

Hygiene

- ✓ Disposable Towelettes
- ✓ Tooth brush/paste
- ✓ Liquid camp soap
- ✓ shampoo/conditioner
- ✓ Razor/soap
- ✓ Microfibre towel/wash cloth
- ✓ Deoderant
- ✓ Sanitary Napkins
- ✓ Garbage Bags/ties
- ✓ Paper Towels

Light Source

- ✓ Flashlights and batteries
- ✓ Headlamp

Shelter

- ✓ Sleeping Bag
- ✓ Tent
- ✓ Sleeping Pad
- ✓ Ground Cloth
- ✓ Hand & Body Warmers

Tools

- ✓ Gloves
- ✓ Sewing Kit
- ✓ Heavy nylon rope

Water

- ✓ Water Filters
- ✓ Water Carrier
- ✓ Pet drinking vessel

Misc.

- ✓ Pen and note pad
- ✓ Duct Tape
- ✓ Complete important paper copies
- ✓ playing cards

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Long-Term Grab 'n Go Kit (For use in car)

Clothing

- ✓ Warm coats and snow shoes

First Aid

- ✓ Full first aid kit

Food

- ✓ MRE's with heaters
- ✓ Candy and change-of-pace treats

Hygiene

- ✓ Sanitary supplies for latrines
- ✓ "Foxhole" shovel
- ✓ Toilet Paper
- ✓ Scissors
- ✓ Q-tips
- ✓ hand lotion
- ✓ bath towel

Tools

- ✓ Foxhole Shovel
- ✓ Heavy duty saw
- ✓ personal protection Shelter
- ✓ Pillows

Water

- ✓ 1 gallon of water/per person/per day

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