

# GRAB AND GO BAG SUGGESTIONS

## GENERAL SUPPLIES

- Phones/tablets/computers & chargers
- Glow sticks
- Flashlight (LED)
- Extra batteries/bulb
- Matches in waterproof container
- Earplugs
- Sleeping bag/cot
- Blanket
- Pillow
- Rx & OTC medications
- Hat/cap
- Sewing kit
- Reading materials
- Notebook/pencil/pen
- Puzzle book/cards etc.
- Snacks
- Gloves (work and rubber)
- Paper towels
- Cash (ATMs may not work) include some small bills; change (vending machines)
- Keys to house and cars
- Contact lens containers/solutions
- Flash drive (password protected) with pictures of inside/outside of home; vehicles; family members/pets and documents

## PERSONAL HYGIENE

- Kleenex
- Soap
- Toothbrush/  
toothpaste
- Dental floss
- Shampoo
- Deodorant
- Comb/brush
- Razor & shaving  
cream
- Feminine  
hygiene products
- Lotion
- Sunscreen
- Insect repellent
- Wash cloth
- Towel
- Toilet paper
- Lip balm
- Wet wipes
- Flip flops
- 3 changes of  
clothes
- 3 changes of  
undergarments
- Laundry bag
- Garbage bags  
and twist ties

## FIRST AID KIT

- Inhalers
- Epi-pens
- Antiseptic wipes
- Latex/Nitrile  
gloves
- Acetaminophen  
(Tylenol);  
Ibuprofen (Advil);  
Aspirin etc.
- Benadryl
- Imodium; Pepto  
Bismol etc.
- Hydrocortisone  
cream
- Neosporin
- Cough Drops
- Instant Ice Pack
- Tweezers
- Nail clippers
- Scissors
- Thermometer
- Cotton balls
- Waterproof  
adhesive tape
- Gauze pads
- Gauze rolls
- Band aids -  
various sizes
- Ace bandage
- Triangular  
bandage
- Q-tips

## DIGITAL

- Cords & charger for your devices (invest in ones to keep in kit)
- Extra battery chargers
- Power strip

## DO NOT PACK

- Flammable materials
- Valuables
- Firearms



## DOCUMENTS

*(Place copies in waterproof bag)*

- Photo IDs (Driver's License and Passport)
- Credit Cards
- Insurance documents (home, auto, life, medical)
- Marriage/divorce/birth certificates
- Will/Power of Attorney
- DD-214 (Military)
- Deed to house/title to car (you may need to prove ownership)
- Recent tax return
- Bank records/checkbook
- Medical records
- Prescription records
- Recent photo of each family member
- Safe deposit box key
- Personal contacts
- Account and contact information for utilities and other services (you may have to provide a new billing address or cancel certain services)
- Vaccination Records (children & pets)

**Here is an additional list of some of the documents that you should consider:**

### Insurance

- Household and place of business inventory (recorded using photographs, videotape, or stored on a database manager computer program).
- Duplicates of insurance policies (life, health, auto, home, hazard, etc.)
- Mortgage documents
- Real estate deeds
- Title papers
- Motor vehicle titles and bill of sale, serial or VIN numbers
- Wills and trusts
- Safe deposit box: location, number, inventory of contents, location of key, authorized persons to access box
- Investment portfolio
- Stocks, bonds and other securities
- Bank, checking, savings account numbers or certificates
- Credit card accounts (company and account numbers)

### Medical

- Family health and medical records
- Employee benefits information
- Letter of instruction in case of death
- Funeral and burial plans
- Name, address, phone number of attorney, financial advisor and insurance agents
- Photocopy of documents carried in wallet or purse

### Identification

- Birth, marriage, and death certificates
- Adoption and custody decrees
- Citizenship papers
- Military papers
- Passports, visas
- Social security card (or card numbers)
- Employment records

### Personal

- Family photos, videotapes, etc.
- Important books
- Personal family history
- Family genealogy records

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