

Emergency Grab N Go bag – for Claremont residents

(May 7, 2021, Rev 6)

This is a basic starter bag list for each resident that can be taken if you are forced out of your home due to an emergency– you can add additional items as you have them and have available space in your bag.

This bag should be kept in a handy place in case of emergency; and should be taken when you travel away from home for an extended number of days. One bag for each home resident is recommended.

- Backpack (carriable but large enough to hold your items; and waterproof if available). (~\$20)
- Medications – enough for 5-7 days - If you can afford to keep in your pack for easy availability – be sure to replace periodically with fresh medications. Also carry:
 - Lactaid pills
 - Antacid tablets / diarrhea medicine
 - EpiPen (if required)
 - Hearing aid batteries
- Kleenex (in small plastic bag)
- Cash – suggest \$25 - \$50 (in small bills)
- Documentation copies – Driver’s license, Medicare card, medical insurance card, social security card, family contact phone numbers, list of all medications and frequency of use, passport.
- Water proof container – 3”x4” (to store copies of documents/ cash)
- Extra reading glasses
- Face mask
- Hand cleaner (in small plastic bag to prevent leaks)
- First aid kit
 - basics – band-aids, antibiotic ointment, antiseptic wipes, sterile gauze pads, gauze roll, adhesive tape, small scissors, medical gloves, tweezers, aspirin/Tylenol, small zip lock bags for waste items
- Roll of toilet paper (in small plastic bag)
- Tooth brush/tooth paste
- Bar of soap / shampoo
- Small hand towel
- Rain poncho
- Hat
- LED flashlight / and separate batteries (~\$8) or Headlamp / separate batteries
- Emergency Solar blankets – 2 (~\$4 each)
- Knife or multi use tool (i.e.: Leatherman)
- Extra pair socks / underwear (in small plastic bag)
- Leather palm gloves
- Zip lock bags – 2-3 extra
- Whistle
- Water bottle
- Granola snack bars (replace periodically)
- Water – recommend 1 gallon per resident (replace every 2 years)
- Pet food / medications / supplies (replace foods periodically)

Recommendation: store Grab-N-Go packs with water in a bin inside your coat closet. In an emergency, grab a coat, pack and water – and go.



Phase 2: additional items you should add to your Grab N Go bag over time.

- Wet wipes
- Small roll Duct tape
- Hotties hand warmers
- 3 piece utensil set
- Lightweight Emergency Shelter Tube Tent (Coghlans - \$6)
- Nylon cord
- Small sewing kit
- Matches – in waterproof container
- Small can opener (GI style - \$2)
- Water purification unit (Life Straw - ~\$15)