



Grab n Go Emergency Kits



Be prepared and have your Grab n Go Kit ready to go! Use this checklist to build your own.

- Water - 4L of water per person per day
- Food - Non-perishable food, high protein, trail mix, crackers
- Clothing - Extra undergarments, blankets
- Cell phones and extra chargers
- Flashlight - Battery power or crank
- Lighters or candles
- Equipment - Can openers, utensils, extra batteries, radio, pocket knife, etc.
- First Aid Kit
- Personal Supplies & Medication
- Documentation and Personal Identification - Drivers license, birth certificates, passports, Social Insurance Numbers, etc.
- Distraction and Comfort items - Kids toys, reading materials, activities
- Cash

Consider extra items if you have mobility concerns, allergies, chronic conditions, pregnant, breastfeeding, or have pets.

Use a change in seasons as a reminder to check and update your Grab n Go Kits.

Scan for more information
or other items to pack in
your Grab n Go Kit.





Your Family Plan



Family Name:

Home Address:

Family member contact information:

Name	Phone	Email
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- 1.
- 2.
- 3.
- 4.
- 5.

Family pets information:

Name	Breed	Colour
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- 1.
- 2.
- 3.
- 4.

Other important information:

- 1.
- 2.

If seperated during an emergency, the meeting place near our home/school is:

If we cannot return home or are asked to evacuate, the meeting place outside of our neighborhood is:

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