



Grab n Go Kit



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, power bars
- 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
- First Aid Kit
- Personal Supplies & Medication
- Documents and Personal Identification
Drivers license, birth certificates, passports, Social Insurance Numbers
- 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
------	-------	-------

1

2

3

4

5

Family pets information:

Name	Breed	Colour
------	-------	--------

1

2

3

4

Other important information:

1

2

If separated 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:

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

