Grab and Go Disaster Kit

**Essential Items (Include only food items that you will eat)**

1 large empty backpack or other container  
1 whistle  
1 Solar Blanket  
1 Rain Poncho  
1 Small Flashlight & Batteries (store batteries separately from flashlight)  
9 Protein food bars, Granola bars, Peanut Butter Crackers or Cheese & Crackers  
9 Fruit Rollups or small boxes of Raisins  
3 bottles of water (recommendation is 1 Gallon of water/per person/per day (64 oz is for drinking & 64 oz is for other uses). This is not always practical when storing, so purchasing purification tablets from the camping section of the store will allow you to use the bottles that you have and make clean enough to drink)  
Emergency Phone Numbers  
Emergency Medications 7-day supply  
Emergency Plan

**Other Items to Consider**

Cash  
Copy of Driver’s License or other identification paperwork  
1 Bandana or small towel  
1 Pair work gloves  
1 Pair latex gloves  
1 Surgical Mask or N95 Mask (filters more germs)  
1 Pair Goggles  
1 Small Radio with Batteries  
Matches  
1 Small bottle Hand Sanitizer or small package of handi-wipes  
Deck of cards/or small game  
Travel toothbrush & toothpaste  
Clean underwear & socks  
Toilet paper & or Kleenex pack  
Book  
Tweezers  
Scissors  
Needle, Safety pins  
Thread  
Small First Aid Kit  
Manual can opener  
Corded Telephone (landline)  
Comfort Food aka Chocolate