

The “Grab and Go” Bag Checklist

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|----------------------------|--|
| Clothing | <input type="checkbox"/> T-shirt/sweat shirt/sweater |
| | <input type="checkbox"/> good walking shoes |
| | <input type="checkbox"/> waterproof jacket |
| | <input type="checkbox"/> pants |
| | <input type="checkbox"/> baseball cap/hat |
| | <input type="checkbox"/> underwear and socks |
| Personal hygiene | <input type="checkbox"/> soap |
| | <input type="checkbox"/> face cloth |
| | <input type="checkbox"/> towel |
| | <input type="checkbox"/> toothbrush |
| | <input type="checkbox"/> toothpaste |
| | <input type="checkbox"/> personal items (i.e., razor, lip salve, deodorant...) |
| First aid | <input type="checkbox"/> small personal first aid kit |
| | <input type="checkbox"/> antiseptic solutions |
| | <input type="checkbox"/> band aids |
| | <input type="checkbox"/> weezers, scissors, and nail clippers |
| Identification
(copies) | <input type="checkbox"/> driver's license |
| | <input type="checkbox"/> fanny pack with name tag and photo ID |
| | <input type="checkbox"/> personal photographs (including those of pets) |
| | <input type="checkbox"/> out-of-area contact card |
| | <input type="checkbox"/> important ESS phone numbers |
| Food and water | <input type="checkbox"/> granola bars or similar |
| | <input type="checkbox"/> 1 - 2 litres of water |
| Tools and equipment | <input type="checkbox"/> flashlight |
| | <input type="checkbox"/> battery operated, wind-up or solar radio |
| | <input type="checkbox"/> lighter/matches |
| | <input type="checkbox"/> folding knife |
| | <input type="checkbox"/> bottle/can opener |
| | <input type="checkbox"/> garbage bags |
| Medical aids | <input type="checkbox"/> spare eye glasses/contact lenses |
| | <input type="checkbox"/> prescription medications |
| Extras | <input type="checkbox"/> space blanket |
| | <input type="checkbox"/> toilet paper and handi-wipes |
| | <input type="checkbox"/> feminine hygiene products |
| | <input type="checkbox"/> dust tape |
| | <input type="checkbox"/> ball of string |
| | <input type="checkbox"/> scissors and pliers |