

NBSIA Member Services Safety Bulletin

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EMERGENCY PREPAREDNESS GRAB AND GO BAG

Recent natural disasters have everyone thinking about emergency preparedness. One of the simplest ways you can prepare is to pack a “grab and go” bag. These bags can be kept at home, in your car, or at work. Below is a guide to packing your bag. Be sure to adjust quantities based on the number of people the bag is intended for.



Basic Electronics

Pack a cell phone charger just in case you get lucky enough to find electricity; pack a portable charging “stick” in case you don’t. Pack a long-lasting LED flashlight—with extra batteries. Hand-crank flashlights that do not require batteries are better. Pack a small AM/FM radio.

Personal Needs

Pack travel-size toiletries such as cleansing wipes, toothpaste, toothbrush, soap, sanitizer, deodorant, hairbrush, tissues and feminine hygiene supplies. Don’t forget backup glasses or contact lenses if you need them. Pack a small first aid kit, multipurpose tool with a knife, and a can opener.

Clothing

Include at least one outfit per person, with layers for various temperatures. Pack lightweight rain gear (or disposable poncho) and a highly compact, warm blanket.

Medications

Pack *at least* three days’ worth of necessary prescriptions. If you need larger items such as an oxygen tank, make sure you have a portable version. Regularly update medications to prevent expiration.

Cash

Cash is king. In the event of an emergency, you might not have access to your bank or an ATM. Keep cash and coins in your bag.

Food and Drink

It is recommended to have one gallon of water per person, per day, for both consumption and hygiene purposes. Keep bottled or packaged water in your bag, along with non-perishable food items such as canned goods, granola bars or freeze-dried foods. If you have small pets, you may also want to pack food and water for them.

Paperwork

Fill a zip-top waterproof bag with copies of essential paperwork, including: birth certificates; driver’s licenses; Social Security Cards; Medicare/medical cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance cards; medical or immunization records; and information about your credit and debit cards.

The Perfect Bag

You need a bag big enough to fit all of your items, but small and portable. A backpack is ideal, but a lightweight suitcase with wheels would also work. Just remember, you may literally be running with it.

For more information, lists and plans, and helpful worksheets, visit www.ready.gov

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