



“Grab-N-Go” Bag

Resident’s Personal Bag

What goes into a “Grab-N-Go” bag? You can use a carry-on bag or duffel bag, preferably one with wheels. Suggested items you will need should include:

- Most important.....water, a water cleaner packet or life straw
- Nonperishable food; high energy cereal bars, unsalted nuts
- Eating utensils, manual can opener, waterproof matches, whistle
- Your medications (1 week supply) plus a list of them (Vial of Life info)
- Extra clothes, hard soled shoes and socks
- Extra pair of reading glasses
- First-aid supplies (including scissors)
- Portable radio with extra batteries, or powered by crank or solar
- Flashlight with extra batteries, or powered by crank or solar
- Survival blanket to keep you warm
- Plastic rain poncho, umbrella for shade or rain
- Heavy duty gloves (leather), disposable gloves
- Hygiene supplies
- Sun block, insect repellent
- Cash (small bills)
- Emergency phone contact list, pencil & notepad
- Important documents (maybe on thumb drive), driver’s license or ID
- Pet supplies (food, leash, collapsible dish, pet meds, comfort toy)

If you need help organizing this bag, call your District EPC Director to have a Block Captain come to your home to help you. Their names and numbers are in the “News & Views” on the EPC page or on our website:
<http://epc.scpdcaclubs.com>



- See also Other Side -



“Grab-N-Go” Bag

Near Your Bed

In a major earthquake, you may wake up in bed at night to find broken glass and other objects thrown about the room. To navigate, you need to have the following handy by your bed:

- Flashlight or headlamp, and additional batteries
- Heavy duty shoes and socks (to prevent cuts on your feet)
- Clothes
- Glasses
- Cellphone and charger
- Small first aid kit

Another helpful item found at hardware stores is a night light/ flashlight which turns on when the power goes off and also acts as a flashlight for an hour.

Your Grab-N-Go bag needs to be close by in case you need to evacuate quickly. But in case the bag isn't kept nearby, consider having medications, important papers and/or items from the previous page also handy.

What else do YOU need?

- See also Other Side -