

GRAB & GO BAG

If you have to immediately leave your home after a disaster you need a Grab-n-go bag to see you through the next 12-24 hours. It should be personalized for each member of your family, including infants. Store your supplies in a backpack so you are free to carry other items, hold a child's hand or assist someone else. Consider what you can comfortably carry. Check out www.nsemo.org for more information on preparedness.

Remember to always take your cell phone with you.



- | | |
|--|---|
| <input type="checkbox"/> Food (<i>ready to eat</i>) | <input type="checkbox"/> Personal toiletries |
| <input type="checkbox"/> Bottled water | <input type="checkbox"/> Book/game/toys |
| <input type="checkbox"/> Flashlights (<i>consider a headlamp to keep hands free</i>) | <input type="checkbox"/> Small first aid kit |
| <input type="checkbox"/> Am/Fm Radio (battery powered or crank) | <input type="checkbox"/> Extra pair of eye glasses |
| <input type="checkbox"/> Batteries for flashlight and radio | <input type="checkbox"/> Emergency cash in small denominations |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Local map |
| <input type="checkbox"/> Extra clothes (<i>think season</i>) | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Emergency blanket and poncho | <input type="checkbox"/> Out of area contact card |
| <input type="checkbox"/> Pen and small notepad | <input type="checkbox"/> Copy of important documents, pictures etc. |
| <input type="checkbox"/> Extra cell phone charger | (Consider using a USB drive or external hard drive) |

Pet Grab and Go Bag

- Portable kennel or cage (which can be used to store all pet supplies)
- Food
- Water
- Plastic bags to collect and dispose of wastes
- Food and water dishes
- Pet toys and treats
- Collar, chain, leash or harness
- Pet health and vaccination records
- Blanket
- Picture of your pet
- Copies of important documents such as pet care, pet vaccines etc.



**North Shore Emergency
Management Office**

City of North Vancouver • District of North Vancouver • District of West Vancouver