

Personal Grab & Go Kit

Every person in your family should have their own Grab & Go bag designed to be readily available in the event of having to leave your home quickly.

Having an emergency kit will help you survive and recover after a disaster. Remember, following a devastating event, it could take days, or even weeks before services are fully restored, or it is safe to return to your home. It may seem daunting at first, but there are some simple steps you can take to prepare emergency kits for you, your family and your pets.

You can purchase ready-made kits at a number of local and online suppliers, or you can begin to assemble one yourself from extra items you may already have at home. The lists below will help you identify your needs.

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- Bag or backpack to carry items
 - Bottled water (1 – 2L)
 - Food high in energy that requires no cooking (such as granola bars)
 - Clothing and shoes (comfortable and all-season)
 - Foil blanket
 - Candles and matches or lighter
 - Flashlight and batteries
 - First aid kit
 - Radio and batteries or crank radio
 - Whistle
 - Toiletries
 - Multi-purpose knife
 - Copies of identification, insurance papers and other documents
 - Money (roll of ‘Toonies’)
 - Playing cards and games
 - Family photo (to help reunite if you are separated)
 - Extra eye glasses or contacts and solution
 - Medication (one week supply) *Note: Before storing any medications, check with your pharmacist or family doctor
 - Special items for babies and children
 - Formula
 - Diapers
 - Toys, crayons, or other comfort items