

Personal Grab-n-Go Bags

Purpose: A personal Grab-n-Go bag is a backpack filled with items for your personal needs in case of emergency. You want to use a backpack for "hands-free" transport. Ideally, this bag is with you at all times, so your car is an ideal place to keep the bag. This backpack's filled weight should not exceed 25% of your total body weight. Listed below are some recommended items:

CLOTHING:

- Sturdy walking shoes
- Extra change of clothes & socks
- Light jacket (warmer if you live in cooler climates)
- Cap
- Bandana handkerchief
- Warm hat & gloves (again, for cooler climates)
- Rain poncho (can also be used to create shelter)
- Safety pins & garment repair kit with needle & thread

TOILETRIES & MEDICATIONS:

- First aid kit with basic supplies
- Prescription meds (3-4 day supply)
- OTC meds (pain meds, stomach meds, etc.)
- Insect repellent towelettes
- Hand sanitizer
- Pocket-sized tissue pack
- Toilet paper (in Zip-Loc bag)
- Personal items (toothbrush, toothpaste, mild soap, washcloth, etc.)
- Dental floss (can have multiple uses)

DOCUMENTATION:

- Small notebook & pen/pencil
- Copies of passport, insurance cards, birth certificate, immunizations, medical records, etc.
- Personal pouch (w/ CASH, driver's license, credit cards)
- CASH (\$100-200 in smaller bills)
- Extra house & car keys

FOOD & WATER:

- Water bottle (such as a Nalgene)
- Water purification tablets (or other water purification system)
- Metal cup
- Spork (or other eating utensils)
- Dried foods (instant oatmeal & soup mix, granola bars, etc.)
- Powdered drink mixes (hot chocolate, tea, coffee, lemonade, etc.)
- Small canned foods (potted meat, fruit, pork-n-beans, etc.)

SURVIVAL EQUIPMENT:

- All-purpose tool (such as a Leatherman's tool)
- Pocket knife
- "Strike Anywhere" Matches, lighter or other fire starter
- Rope or nylon cord
- Flashlight and/or headlamp
- Protective eye goggles
- Duct tape
- Emergency candle & metal can
- Caribiner
- Compass
- Small pry bar & shovel
- Whistle