

## Grab-and-Go Kit Checklist

---

Create your own grab-and-go kit to help you and your family stay safe if you have to evacuate on short notice. Your kit should contain enough supplies to keep you and your family safe and comfortable for a minimum of 72 hours. Keep grab-and-go kit items in a backpack, duffle bag or suitcase, in an accessible location (such as a front-hall closet). Make sure your kit is easy to carry and everyone in your home knows where it is.

Don't be discouraged by the number of items on the list. Being prepared for emergencies does not happen overnight. A grab-and-go kit is a great starter kit that can be expanded over time. By taking small steps, you and your family can be prepared without overwhelming your schedule or your budget.

### Items to consider

- 4 L of water for each person
- Food that you that does not require refrigeration
- Manual can opener if packing canned foods
- Plastic/paper plates, cups, knives, forks and spoons
- Flashlight and extra batteries
- Change of clothes
- Travel toiletries bag including items like soap, hand sanitizer, personal and feminine hygiene products
- Toothbrush and toothpaste
- Deck of cards or other small games
- Notebook and pen
- Pet food and supplies for at least three days
- Small first-aid kit
- Personal I.D.
- Comfort items (family photo, warm blanket)
- Money (small bills and change)
- [Contact card](#) or communication plan document which includes important contact details and location of pre-determined meeting places in the event that you are separated from your family
- Legal documents (birth and marriage certificates, wills, passports, contracts)
- Prescriptions and list of medicine you usually take so you can bring it with you
- A list of personal items in your home that you would want to take with you, if time allowed (photo albums, computers, back-up hard drive, heirlooms etc)

## **Children's grab-and-go kit**

In addition to the items noted above, children's grab-and-go kit can include:

- Comfort items (blankets, soothers, stuffy)
- Specialty food items such as bottles, formula, apple sauce
- Activity book, crayons, pen and paper
- Home address and emergency contact list

## **Take Your Preparedness to New Heights**

- To take things further, you could consider building a grab-and-go kit for every member of your family or compliment your grab-and-go kit with a more extensive [emergency kit](#) in your home
- If you haven't done it already, complete your [personal preparedness plan](#)
  - Take the [Personal Preparedness Course](#)
- Make a list of personal items in your home that you would want to take with you, if time allowed (photo albums, computers, back-up hard drive, heirlooms etc)
- Build a [pet emergency kit](#)
- Call your insurance company to discuss coverage and obtain additional coverage, if required
- Refresh your kit (check expiry dates on food, update your contact list and refresh water)

*For more information on hazards in Alberta, contact your municipality's Director of Emergency Management or the Alberta Emergency Management Agency at 780-422-9000 (Dial 310-0000 for toll-free access outside Edmonton). You can also visit [www.aema.alberta.ca](http://www.aema.alberta.ca).*