



# Grab & Go Bag!...

If you and your family had to hightail it out of your house in an emergency, would you be prepared? Each family member should have an Emergency Grab & Go Bag.

A survey conducted by the American Red Cross showed that only 10 percent of families in the United States have an emergency plan, a disaster kit, and training in first aid and CPR. You know being prepared for disaster is necessary, but what steps do you take? An important first step is to assemble an emergency grab-and go bag that contains crucial supplies that you'll need if you evacuate from your home.

The American Red Cross has pre-packed kits (\$65 for the Deluxe Emergency Preparedness Kit) available at [www.redcross.org](http://www.redcross.org).

Or assemble your own emergency Grab & Go Bag using some of the items below. Be sure bags are labeled with each person's name, and keep them somewhere accessible.

## GRAB-AND-GO BAG CONTENTS

- Personal travel size toiletries
- Lightweight flashlight with batteries inserted
- Extra pair of eyeglasses, if needed (an old pair works fine)
- Whistle to signal for help
- A few days of any prescription medicine
- A bottle or two of water
- High-protein, high-calorie energy food bars
- A change of clothes
- Small, soft comfort toy for each child
- Family photographs (one for each child and adult)

## ONE ADULT SHOULD ALSO CARRY

- Family first aid kit
- Lightweight battery-powered radio
- Extra set of car, home, and safe deposit box keys
- Credit card and cash
- Copies of essential documents. Include birth certificates, tax returns for the past two years, copies of drivers, licenses, passports, and social security cards (copy both sides). Also include copies of deeds, vehicle titles, insurance policies, and appraisals of valuables (original documents should be in a safe deposit box).



818/597-7302

e-mail: [CERT-DRT@ci.agoura-hills.ca.us](mailto:CERT-DRT@ci.agoura-hills.ca.us)