

# “Grab and Go” Kit Checklist

- A copy of your business continuity plan
- Water: one gallon of water per person per day for drinking and sanitation
- Food: at least a three-day supply of non-perishable food
- Flashlight and extra batteries and some basic tools
- First aid kit and three-day supply of prescription medications
- Whistle to signal for help
- Dust mask or cotton t-shirt to help filter the air
- Moist towelettes for sanitation
- Can opener
- Sturdy shoes, extra clothes and blankets
- Cash
- Backpack or tote bag (to carry the kit items)
- Blanket or sleeping bag
- Waterproof Matches
- 5 pack of Candles
- 12-Hour Light Sticks
- Tarp: 8' x 10'
- Solar Blankets
- Work Gloves
- Duct Tape
- Sunscreen
- Jacket
- Folding Shovel
- Leatherman style multi-tool
- Wind-up flashlight and radio
- External battery pack or wind-up cellphone charger
- “OK / Need Help” Sign – for display in a window of a vehicle or premises