

## Pet Grab-N-Go bag

Here are some suggestions for your pets.  
We don't want to leave them behind!

- Food, water
- Bowls - non-spillable
- Collar and leash - for dogs and cats
- Muzzle
- Pooper scooper & bags
- Treats, toy
- Blanket, towel, or newspaper for warmth
- ID tag should always be on pet
- Extra name tag
- License number
- Pet carrier or crate for each pet, labeled with pet and owner's information (keep near your bag).
- Name, address and phone number of veterinarian, animal control agency and shelters.
- A list of people, phone numbers and addresses to contact, who may be able to take care of you pet
- Vaccination and medical records. Keep inoculations current. In an emergency, pets may come in contact with diseased animals.
- Allergy or other special instructions
- Soap/shampoo
- Antiseptic cream
- Eye drops



## Pet First Aid Kit

- Scissors
- Gauze pads
- Wipes
- Instant cold pack
- Adhesive tape
- Tweezers




---

**List any additional items  
that your family may need  
in an emergency!**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**All Foods purchased for storage should be ready to eat with little or no cooking/preparation required.**

Please keep the following in mind when making your food selection:

- Base your food selection on family preferences.
- Pick low-salt, water-packed varieties when possible.
- Canned meat: tuna, chicken, raviolis, spam, corned beef, etc.
- Canned vegetables: green beans, carrots, etc.
- Canned fruit: applesauce, mandarin oranges, pineapple, pears, etc.
- It is very important to rotate your stock to prevent spoilage and waste.



Green River District  
Health Department  
Emergency Planning  
1501 Breckenridge Street  
Owensboro, KY 42303  
502-686-7747

## BE READY TO... GRAB-N-GO



**Easy to Carry  
Packed For Comfort**

Green River District  
Health Department  
Emergency Planning

For more information on  
emergency planning  
please contact:

Green River District  
Health Department  
Emergency Planning  
270-686-7747

## Grab-N-Go

A Grab-N-Go bag is used to help ease the stress if you are stranded on the road for a few hours or asked to quickly evacuate your home. Please use these suggestions to get you started on a Grab-N-Go bag project for your family. You should have a Grab-N-Go bag for each member of the family, tailored to the individual likes and needs.

Children enjoy family projects so be sure to involve them in the assembling of their Bags. Allow them to personalize the contents with their favorite snacks and games to keep them entertained. This will reduce stress on every one involved.

Remember, the Grab-N-Go bag is NOT to take the place of a **Family Emergency Supply Kit!** It is only a fraction of what you will need when a major disaster strikes.

## Selecting Your Bag!

Lets start by selecting a bag. I prefer a backpack. For me, they are easier to carry and you can get a good sturdy one for a reasonable price. You could also put last years school backpack to use. If you prefer, another type of bag, that's ok too. But be sure to select one that will be comfortable for you to carry and easy to store.

Chose the bag that suites you best. Back pack, luggage on wheels or a shoulder strap



## What should you put in your bag?

### Give it some thought!

You know better than any one else what your family will need to ease the stress of an emergency.

- Keep in mind any special needs that you or your loved one may require.
- Don't try to get it all together at once. It will be a better bag if you put it together a little at a time and give yourself time to think of what you might need.
- Don't ever consider it a **finished job**, you will always need to check it and change it.
- Update your bag, as the seasons change or your family needs change.
- Watch for expiration dates and switch out any snack foods or water before it expires.
- Remember your child will need toys or other entertainment items.
- Insurance policy numbers and other important numbers can speed up recovery, no mater how small or large the event may be.
- Every Grab-N-Go bag will be a little different. But the basics, food, water and comfort will need to be considered for all family members.
- Store it in an easy to get to place.

Why Prepare...  
Because You Care

## Adult Bag

- Flashlight, batteries, and light sticks
- Portable radio and extra batteries
- Extra set of keys (house and car)
- Money (coins and small bills)
- Glasses, contacts lenses and solutions
- Medications (at least one-week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing and extra underwear)
- Jacket or sweatshirt
- Whistle (call for help if trapped)
- Pocket knife
- Paper and pencil
- "Okay" and "Help" signs
- Emergency phone list, out-of-state contact numbers.
- Lists of people to notify if you are injured
- Copies of important documents: insurance policy numbers, identification card, social security number, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, sunscreen, toilet paper etc.
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Blanket
- Plastic ground cloth
- Dust mask
- Water

## Seniors or Disabled Bag

Suggestions for seniors, these items are in addition to the Adult Grab-N-Go bag .

- Any special diet foods that are needed
- Batteries for hearing aids, wheelchair, etc.
- List of style and serial # of medical devices
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Depends, disposable bags, ties, wipes)
- For guide dogs see Pet Grab-N-Go bag.

## Infant and Toddler Bags

These items are in addition to the Adult Grab-N-Go bag.

- Formula, disposable bottles, nipples.
- Pacifier (if your child uses one)
- Diapers and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light jacket
- Thermometer
- Medicine dropper
- Pedialite, electrolyte replacement solution
- Tylenol, Triaminic and other medications
- Firm soled slippers or shoes
- Toys, books, stuffed animals
- Authorization to Consent to Treatment of Minor Form, completed