

## Grab-and-Go Bag for Home

See Chapter 4, p. 67 for item descriptions.

### Essential Items

- Backpack/gear bag**
- Water containers**, (canteens, camelback jugs) and at least two liters of water per person
- Portable water filter, purifier, or water purification tablets**
- Emergency food.** Select for nutrition, weight, ease of preparation
- Stainless steel mess kit** or outdoor cooking gear
- Utensils:** cups, forks, knives, plastic plates
- Prescription medication, eyeglasses**, and other special needs items, like contact lens solutions, and hearing aid batteries
- Items for infants**, such as formula, diapers, bottles, and pacifiers
- Extra set of keys** to your home and car
- Documents:** duplicates of all your most important records
  - Birth, marriage and death certificates
  - Driver's license, Social Security card
  - Savings and checking account info
  - Wills, deeds
  - Insurance information
  - Mortgages, stocks, bonds, investments info
  - Precious photos and jewelry
- Money**
- First aid kit**
- Tent**
- Tarp**
- Lighter(s)**
- Two Nuwick 120-hour emergency candles**
- Weatherproof matches with case**

- Two flashlights:** one large, one small, with the large one strapped to the outside of your bag for easy access. Non-incendive are best
- Emergency radio:** hand crank or solar only
- Crowbar or four-way hatchet tool**
- Roll of duct tape**
- 550-lb. test nylon cord**
- Insect repellent**
- Clothing detergent:** a small bottle of concentrated liquid such as Tide
- Essential toiletries:** soap, shampoo, toothbrush and toothpaste, sunscreen, skin lotion, foot powder, deodorant, feminine hygiene items (for women), baby wipes or toilet paper
- Sleeping mat:** inflatable or regular
- Heavy-duty plastic garbage bags** for waste disposal
- Ziploc storage bags** for waste disposal
- Small can of Lysol** or other industrial strength disinfectant for sanitation purposes
- Rain ponchos** (lashed to the outside of your bag)
- Hats** for each family member
- Goggles, military style** (for emergency eye protection)
- Sewing kit**
- Knife** (full tang)
- Sharpening tool**

**Recommended Items:**

- Tube of seam grip** (for emergency tent repair)
- Work gloves**
- Tri-fold shovel**
- Section of stainless steel bailing wire** (used for repairs, e.g. of broken glasses)
- Six to 10 ALICE clips**
- Two signal mirrors**
- Pistol belt**

### Recommended Items for Home Grab-and-Go Bag (continued)

- Combat suspender**
- Portable stove** (multi-fuel is best)
- Stove fuel and fuel bottles**
- Pack of fish hooks**
- Five assorted sinkers**
- Spool of 30-lb. test fishing line**
- Candle lantern**
- Cat litter** (for sanitation purposes, to be carried on your hand cart)
- Chlorophyll to reduce smell of waster material**
- Extra cotton underwear**
- Three pairs of wick-dry socks**
- Two pairs of seal socks**
- Two pairs of Sorbothane shock soles**
- Extra pair of sturdy shoes** (tied to the outside of the backpack)
- Two pairs of comfortable work pants**
- Non-essential toiletries:** foot powder, shampoo, razors and small can of shaving lotion
  - **Sunglasses**
  - **Powdered drink mix, tea, coffee, etc**
  - **Mini-folding chair**
  - **Magnesium fire starter**
  - **Safety or construction helmet** for seismic emergencies