

PREPAREDNESS

Grab and Go Bag

VS

Emergency Kit

What's the difference?

A close-up photograph of a black bag packed with emergency supplies. At the top, a portable power station with a prominent 'etron' logo is visible. Below it, a black flashlight with a red band and a red whistle are tucked into a pocket. A yellow cord is also visible. A semi-transparent yellow banner with the text 'Grab-and-Go Bag' is overlaid across the center of the image.

Grab-and-Go Bag

blanket

emergency plan &
contact numbers

water

seasonal clothing

whistle
radio
flashlight
batteries

ready to
eat food

personal items
& toiletries
including
medication

money in
small bills

phone charger cord
back up battery pack

first aid kit









Pen & notepad

Personal toiletries

Phone charger & battery bank

Seasonal clothing

Flashlight

Food & water

Radio

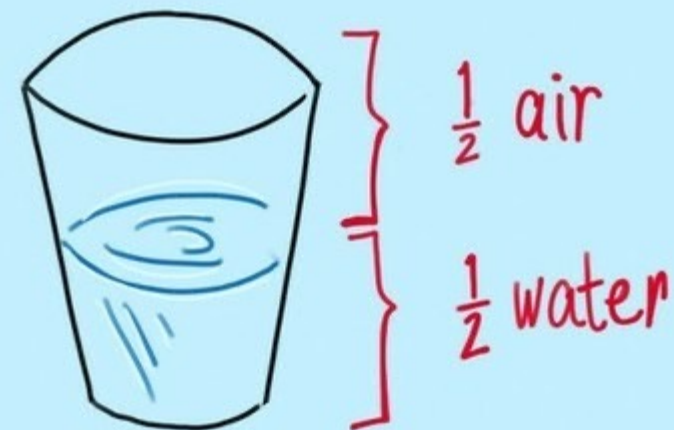
Batteries

First aid kit

Whistle

Emergency plan

Just because it's a disaster,
doesn't mean that you can't
have fun!



**technically,
the glass is always
full.**

If you still aren't happy, use a smaller glass



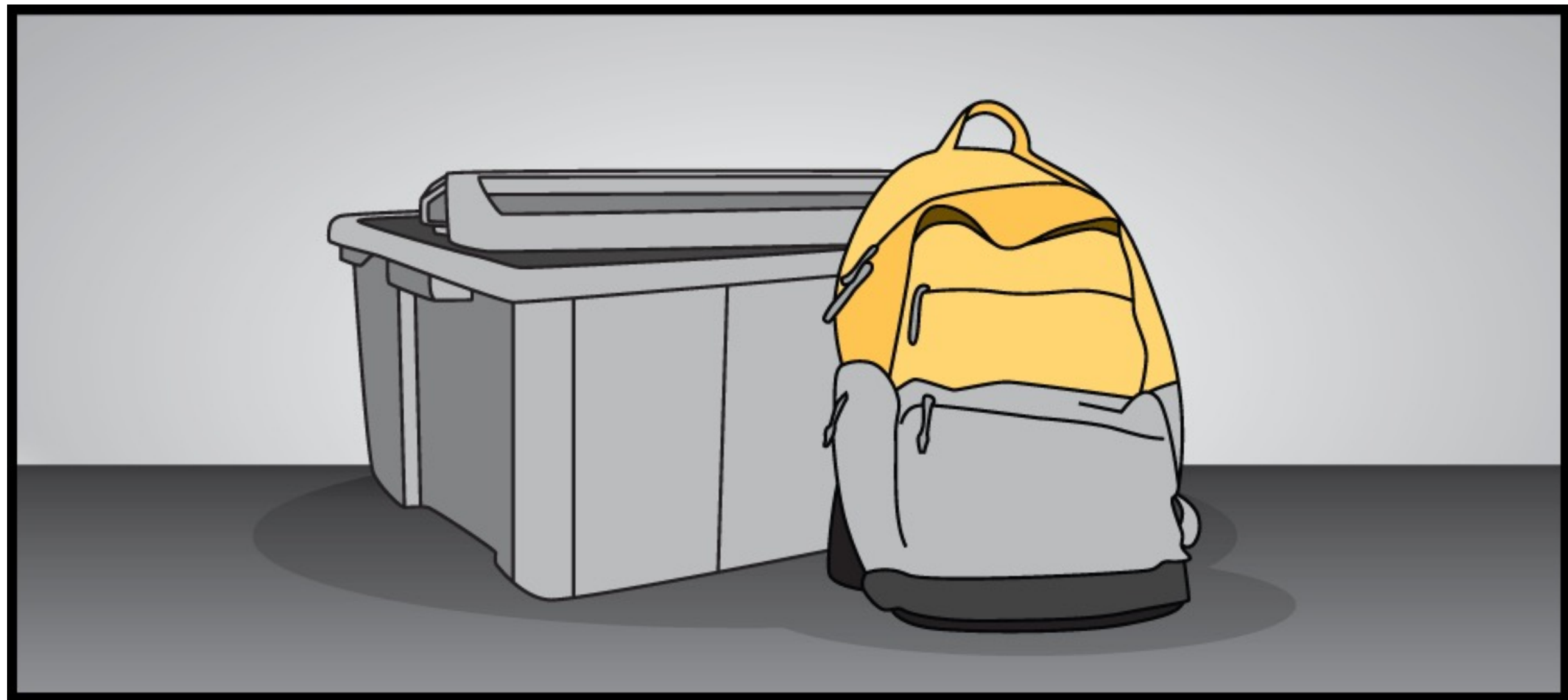
Emergency Kit











DISASTER SUPPLIES KIT*

When Seconds Count... Be ready for any natural or man-made disaster. Prepare and Emergency supply Kit.
Store it in a backpack, duffle or plastic container with lid such as a tote bin or rolling trash container

Food



Store at least a 3 day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking & little or no water.	If you must heat food, pack sterno & matches or consider a barbeque.
After a disaster eat food from fridge first, then freezer, pantry, then emergency kit.	Food for infants, elderly or those on special diets. If allergies are involved, plan accordingly.
Include Ready to Eat canned meats, fruits & vegetables (packed in water whenever possible)	High energy foods – peanut butter, jelly, crackers, granola bars, trail mix.
Boxed juices, milk, soup (if powdered, store extra water)	Comfort/stress food-cookies, hard candy, lollipops, instant coffee, tea bags.
Staples-sugar, salt, condiments	Non-Electric Can Opener. Utensils, plates, napkins. Storage bags, foil.

Water



One Gallon per person per day. (½for drinking ½for sanitation/cooking) Store water in sealed, unbreakable containers. Date & replace every 6 mos or use specially packed water with a 5 yr shelf life.

$$1 \text{ gallon} \times \# \text{ people} \square \times \# \text{ days} \square = \square$$

Water purification tablets	Water storage containers.
In case of an emergency, boil water for 1 minute. When boiling is not possible, filter water to let suspended particles settle out. Pour off the clear water and add Clorox Regular Bleach (CRB) as follows:	
Add 12 drops (1/8 teaspoon) of CRB (not scented or Clorox® Plus® bleaches) to two gallons of water (2 drops to 1 quart).	For cloudy water, use 24 drops per two gallons of water (3 drops to 1 quart).4. Let treated water stand for 30 minutes
Water should have a slight bleach odor. If not, repeat and wait another 15 minutes. The treated water can then be made palatable by pouring it between clean containers several times.	
Note: Bleach formulas may change over time. Confirm with manufacturer as needed:	
https://www.clorox.com/products/clorox-concentrated-regular-bleach/#Cleaning_Sanitizing_Disinfecting_Product-Clorox-Regular-Bleach-ID-19-Emergency-Water-Disinfection (1-800-227-1860)	

First aid/Medication



A first aid kit large enough to handle 1 week of use for the number of people in your family or group. You can build it yourself or purchase one already assembled.	
Suggestions to include in your kit: Adhesive bandages (various sizes), gauze pads and rolls, triangular bandages, tape, scissors, antiseptic wipes. Keep bubble wrap – it's cheap & makes a great soft splint.	
Keep at least a 3 day supply of prescription medication. Keep an updated list of medications & dosages in your wallet. If your medication has special temperature storage requirements, such as insulin, consider a FRIO cooling wallet (www.friocase.com).	You can also include over the counter meds such as vitamins cold remedies, anti-diarrheal, allergy & pain/fever reducers, non-latex gloves, CPR face mask or shield. Wear medical ID! Rotate out items that are near expiration!!!

Communication/Lighting



Keep a radio & several flashlights. There are also solar & crank powered on the market. Pack plenty of extra batteries for back up. Rotate batteries near expiration. If uncertain about the expiration date, rotate every 6 months or when you change your clock to daylight savings time

Keep cell phones charged

Put important # in cell under I.C.E. (in case of emergency)

Shelter/Warmth



A change of clothing, rain gear & sturdy shoes. Remember to update sizes as necessary.

Blankets or sleeping bags. A tent or canopy if you have one. Tarps or mats.

Instant Heat Packs.

Solar/Mylar Blankets

Tools



A pair of leather palm gloves, non-electric hammer/nails, screwdriver/screws, duct tape, dust mask, broom, shovel (flat and pointed), rope.

Look at your current home-make modifications now if you need ramps or lifts to make exiting possible in an emergency

Sanitation



Personal hygiene products such as toothbrush/paste, shampoo, feminine hygiene products. Soap and/or Waterless hand sanitizer (if no water available)

Portable toilet w/lid, toilet tissue, waste deodorizer & digester, trash bags.

Special Needs



Special items for elderly or disabled family members such as a cane, wheelchair, walker.

Special items for infants such as formula, bottles, diapers, immunization record.

Special items for pets such as food/water, medication, crate, vet info.

An extra set of car keys

An extra pair of glasses or contact lenses

A list of important family information; the style & serial number of medical devices such as pacemakers.

Credit cards & ATMs will not work in a power outage. Keep bills no larger than a 20 and plenty of 1s, 5s and 10s so you have as close to exact change as possible. Know what skills you can barter.

Keep your gas tank at least half full. In power outages gas pumps will not work. If evacuation is necessary, lines will be long and supplies short.

*These are just some of the steps you need to take to build a supply kit. Each person has different needs.

Contact ReadyCare (925) 937-5288 or (888) 909-PREP (7737)

www.ReadyCareCo.com or www.FRIOCase.com

If you need help planning your kit or purchasing supplies - we're here to help! © ReadyCare 2001

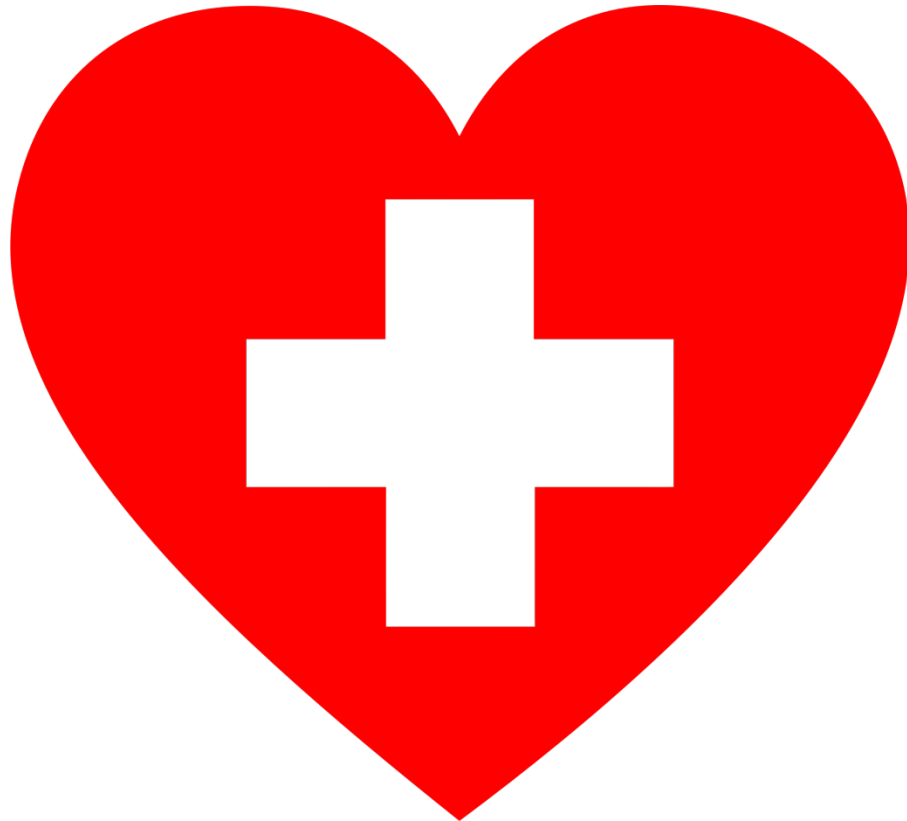
FOOD



WATER



FIRST AID



MEDICATION





Learn life saving skills
and first aid

FRIOCASE.COM

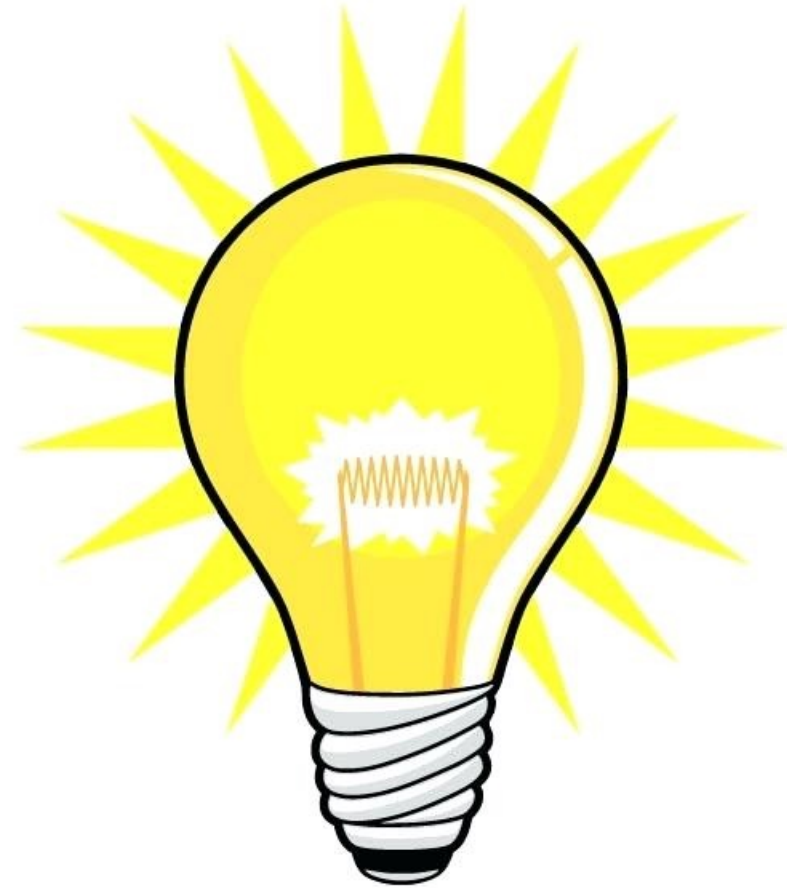
Keeps Temperature
Sensitive Medications
Like Insulin Cool & Safe
*No Ice Packs or
Refrigeration Needed*



COMMUNICATION



LIGHTING



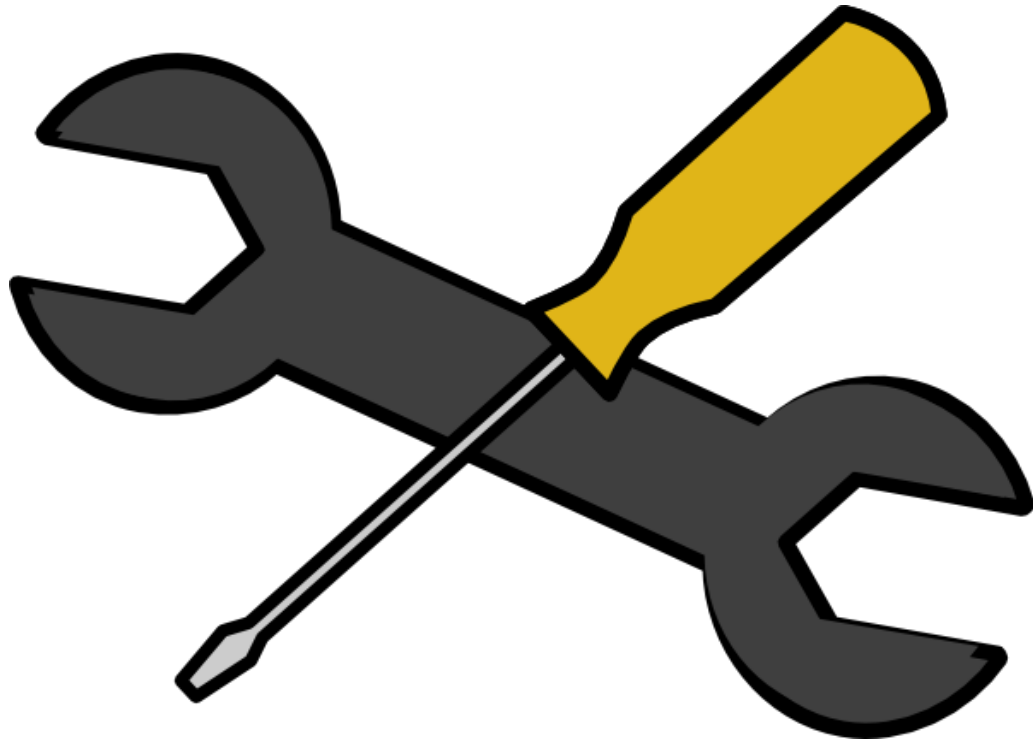
SHELTER/WARMTH



SANITATION



TOOLS



SPECIAL NEEDS






Update or replace missing pet's tags, chip info or ID

Have a current photo of you and your pet(s) for ID purposes.

Have a secure pet carrier, leash, or harness for your pet.

Make a pet emergency kit. Identify shelters in advance that will allow your pets.

FEMA.GOV
helping-pets

A wide-angle, high-angle photograph of the Grand Canyon. The canyon's layered rock formations are visible in various shades of red, orange, and brown. The perspective is from an elevated position, looking down into the vast, winding chasms. The sky is a pale, hazy blue. The text is overlaid in the center of the image.

**Expect the best, plan for the
worst, and prepare to be
surprised.**

Denis Waitley

STAY INFORMED



Local Emergency Warning System



Phone/Text/Nixle.com



Printed Notices



Internet



NOAA Weather Station



Radio



Television



Are you ready?



Let's get it done!

Thank You

Lisa Katzki, RN, BSN, PHN

Supplies available for purchase

www.ReadyCareCo.com

www.FRIOCase.com

(925) 980-7234