

ADULT GRAB 'N GO BAG

- ☐ Flashlight, batteries, and/or light sticks
- ☐ Cell phone charger
- ☐ Water, snacks, book/magazine
- ☐ Portable radio and batteries
- ☐ Keys (house and vehicle)
- ☐ Money (coins and small bills)
- ☐ Glasses, eyeglass repair kit
- ☐ Medications (1-week supply)
- ☐ Sturdy shoes/boots, socks
- ☐ Change of clothes, underwear
- ☐ Jacket, cap/hat, dust mask
- ☐ Whistle (to call for help)
- ☐ Pocket knife
- ☐ Paper and pencil
- ☐ Toilet paper, plastic bags, toiletries
- ☐ Copies of important documents (COVID vax, insurance)
- ☐ Mini first aid kit:
 - ☐ Hand sanitizer
 - ☐ Disposable gloves
 - ☐ Alcohol wipes
 - ☐ Band-Aids
 - ☐ Gauze pads
 - ☐ Adhesive tape
 - ☐ Antibiotic cream
 - ☐ Antihistamine lotion
 - ☐ Aspirin or Ibuprofen
 - ☐ Sunscreen
 - ☐ Cotton balls/swabs
 - ☐ Elastic bandage
 - ☐ Scissors
 - ☐ Tweezers

