

# British Columbia Ambulance Service

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## **RE: Family Grab and Go Kit Checklist**

If an emergency happens in your community, it may take emergency workers some time to reach you. A family grab and go kit can supplement your family emergency preparedness supply and should be readily available in the event that you have to leave your home quickly. Following is a list of suggested items to add to your family's grab and go kit.

- Medications and prescriptions: for the entire family including pets. On a card, write any special medical considerations (allergies, timing of medications etc.) and ensure that each person has a copy of their card with them.
- Photos/mementos: personal photos or priceless items that you could not replace. Remember to take photos of your house for insurance purposes (using a digital camera and storing the photos on a "thumb" drive). Store these items in water proof containers for ease of movement and security.
- Phone numbers: a list of important phone numbers for family, friends, babysitters, neighbours, your insurance company, your doctor's office and at least one out of province emergency contact.
- Care kits: for children, adults and pets. Include items that can calm the person/pet and identification that links the person/pet to you (it's a good idea to include photos of any guardians in the person/pet care kit). In the event that you are evacuated there can be long periods of sitting and waiting, so including items such as a good book, laptop computer, a deck of cards, puzzles or puzzle books and toys to entertain your pets is advised. These items can be packages in a small backpack for each person that includes their name, contact information and basic medical information. It is recommended to avoid items that need batteries, as you may not be able to purchase replacements.
- Extra clothes
- Your own pillow
- Radio
- Flashlight and batteries
- Pet leashes, restraints and carrier cases: please remember that your pets will be stressed and you want to make sure that they cannot harm themselves or anyone else. Carrier cases from organizations such as the SPCA are in high demand during evacuations so you may not be able to rely on them. A great place to look for inexpensive pet carriers is thrift stores.
- Cash: including coins.



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- *Other items:* If you are not going to an Emergency Social Services (ESS) reception centre, you will also need to include basic items such as non-perishable food, a hand operated can opener, a source of heat, a source of flame, toilet paper, garbage bags, rain gear, sleeping bags etc.
- *Full Tank of Fuel:* While not always practical, having a full tank of fuel is strongly advised. During the fires of 2003, many evacuees found that when the power went out they were not able to get fuel.

Further information to help ensure that your family is prepared to effectively manage emergency situations is available in the Emergency Preparedness section of the Intranet at: <https://intranet.bcas.ca/regions/provprograms/emo/resources/>. Please continue to check this page, which will be updated with new emergency preparedness resources on an ongoing basis.