



What IS in Your Emergency Grab n' Go Kit

- Red Adult Size Backpack
- A Berkeley Path Wanderers map
- A can of 50-year water
- 2 energy bars (food)
- Info packets on disaster prep
- A radio/flashlight/charger (see separate instruction sheet)

- Large Solar Blanket
- Emergency Poncho
- 12-Hour Green Lightstick
- Whistle
- Adhesive tape
- Bloodstopper trauma dressing
- Work gloves (large)
- Disposable Dust Mask
- Pen (black)
- Nitrile Gloves (large)
- Quart and Gallon Size Ziplock bags
- 1.5 Inch Safety Pin
- 8-piece First Aid Kit including:
 - 2x2 Gauze Pads
 - Antiseptic Towelettes
 - Adhesive Bandage

What is NOT in your Emergency Kit

✓ Check off items that you add!

Important Documents

ID

Contact info (see emergency plan)

Pictures of pets and other loved ones

Insurance and financial info (credit card info, e.g.)

Writing pad

Spare keys (car, house, etc.)

Cash, wallet, checkbook

Cell phone and phone battery/charger¹

Three AAA Batteries and extra for flashlight

Medications and list of prescriptions

Eyeglasses

Safety goggles

Multi-tool (e.g., Swiss army knife)

Connectors (e.g., clips, carabiners, duct tape, etc.)

Pet (or service animal) items

Leash Meds Kibble Water

Toilet paper and other bathroom supplies

Ice / Heat pack

Additional water, zip-lock bags, flashlight and batteries, first aid supplies

Laptop or iPad

Food YOU like! _____

¹ In addition to the flashlight/radio solar/crank charger that is included in your kit