

Adult Grab & Go Bag

Have a Grab & Go Bag for each person in the house.

Keep it by your bed or near a door. If you need to evacuate, grab your bag and go.

1. Flashlight, batteries, and light sticks
2. Portable radio and batteries
3. Keys (house and car)
4. Money (coins and bills)
5. Glasses, contacts lenses and solutions
6. Medications (at least one-week supply)
7. Comfortable shoes, two pairs of socks
8. Comfortable clothing (sweats, extra underwear)
9. Warm Jacket or sweatshirt
10. Whistle (call for help if trapped)
11. Pocket knife
12. Paper and pencil
13. Emergency phone list, out-of-state contact #
14. Lists of people to notify if you are injured
15. Copies of important documents: insurance, identification, social security, etc.
16. Small first aid kit
17. Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, sunscreen, etc.
18. Toilet paper
19. Zip-lock bags, plastic grocery bags
20. Good book, playing cards, crossword puzzles
21. Work gloves, several pairs of latex gloves
22. Blanket
23. Dust mask
24. Crow bar (may need to remove debris)
25. Drinking water – store in a separate place (minimum one gallon per person)
26. Food Snacks (granola bars, trail mix, peanut butter)

In Addition to these Adult Bags there are the following bags:

Seniors or People With Added Needs Bags

Infant or Toddler Bags

Pet Bags

This information is provided The Tofino Emergency Social Services.

For more information please contact Crystal Ironside, ESS Director, Tofino, 250.725.1218, essd@seaviewcable.net

Find this page and more information at www.GoTofino.com/tofinoemergencyinfo.html

Seniors or Disabled Grab & Go Bag

These items are in addition to the Adult Grab & Go Bag. Have a Grab & Go Bag for each person in the house. Keep it by your bed or near a door. If you need to evacuate, grab your bag and go.

1. Food for special diet needs
2. Batteries for hearing aids, wheelchair, etc.
3. List of style and serial # of medical devices
4. Special supplies: oxygen, catheters, etc.
5. Prescriptions for eyeglasses (not older than one year)
6. Personal sanitary items (Depends, disposable bags, ties, wipes)

For guide dogs see Pet Grab & Go Bag.

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Infant and Toddler Grab & Go Bag

These items are in addition to the Adult Grab 'n Go Bag.

1. Formula, disposable bottles, nipples
2. Diapers and wipes
3. Instant baby cereal
4. Bowl and spoon
5. Sunscreen
6. At least two changes of clothes
7. Light jacket
8. Thermometer
9. Medicine dropper
10. Pedialite, electrolyte replacement solution
11. Tylenol, Triaminic and other medications
12. Firm soled slippers or shoes
13. Toys, books, stuffed animals
14. Authorization to Consent to Treatment of Minor Form

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Pet Grab & Go Bag

Keep your Pet Grab 'n Go Bag in an easily accessible location near your own emergency supplies.

1. Food, water – 3-day supply for each pet
2. Bowls - non-spillable
3. Collar and leash -for dogs and cats
4. Muzzle
5. Poop scooper, bags
6. Treats, toy
7. Blanket, towel, or newspaper for warmth
8. ID tag should always be on pet
9. Extra name tag
10. License number
11. Pet carrier or crate for each pet labeled with pet and owner's information (keep near your bag).
12. Name, address and phone number of veterinarian, animal control agency and shelters.
13. People to contact to take care of the animal
14. Vaccination and medical records. Keep inoculations current. In an emergency, pets may come in contact with diseased animals.
15. Allergy or other special instructions

Pet First Aid Kit

1. Scissors
2. Gauze pads
3. Wipes
4. Instant cold pack
5. Adhesive tape
6. Tweezers
7. Soap
8. Antiseptic cream
9. Eye drops

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