

Grab-and-Go Bag Basics

Shelter (protection from weather, heat source, light source):

- Seasonal clothing & sturdy footwear should be kept near the exit
- Protect your core with: hat (ball cap, sun hat, toque), close toed shoes, socks, gloves, shawl/vest
- Protect from weather: emergency blanket, sleeping bag, plastic raincoat, plastic sheeting or heavy duty garbage bag, 3+m of cord, 1+m of heavy duty tape such as duct tape
- Heat & light sources: flashlight/headlamp (+spare batteries), waterproof matches/lighter

Food & Water

- Ready to eat, non-perishable dried and/or canned nutrient rich food (enough for 24 hours) including age appropriate items (baby, toddler, senior) and handheld snack items.
- Utensils (including a can opener if your canned food is not the pop top style) and bowl(s)
- Bottled water (enough for 12-24 hours, depending on how much you can physically carry). Aim for a minimum of 1L/person or pet/day.
- Coffee filters and bleach in a dropper bottle to filter and decontaminate other water sources
- Container for securing hot and/or cold water from outside sources. Preferably an insulated container to prevent burning or freezing.

Personal Care

- Medication for at least 24 hours including a list of doses, frequency and times. Copies of essential prescriptions.
- Spare glasses/contact lenses, earplugs, spare batteries for hearing aids and essential mobility equipment
- Hygiene products: toothbrush/toothpaste/floss, toilet paper/diapers, soap & absorbent cloth
- PPE: N95 masks, hand sanitizer, disposable gloves, moist towelettes
- Small first aid kit

Pet Care

- Medication for at least 24 hours including a list of doses, frequency and times
- Food/water/treats for at least 24 hours including a collapsible bowl
- Leash/collar, towel/bedding, soft carrier
- Litter/foil pan and/or poop bags

Communications

- Phone charging cord, USB charging block, compatible power bank
- Instructions for how to create a temporary message indicating that you are safe
- Instructions for how to put your phone in airplane mode to conserve battery power
- A list of resources that can be accessed when your phone is in airplane mode
- Crank or battery operated (+ spare batteries) AM/FM portable radio

Copies of Important Documents (in a sealable ziptop bag)

- Personal identification/Photo ID EX: Drivers license, BC Services card, status card, residency card, passport
- Insurance documents (health, home, travel)
- Health self-assessment (list of medical providers, medications, essential medical equipment)
- Emergency Resources List (essential family, work, neighbourhood and remote contacts, map showing location of meeting places/muster stations)

Miscellaneous

- Spare keys: home, vehicle, workplace, storage unit
- Whistle, reflective wrist/ankle bands, flashing LED light
- Pen/pencil, permanent marker & paper notepad
- Plastic bags with ties
- Scissors, pocket knife, multi-tool
- Small fire extinguisher
- Cash (small denominations including loonies and toonies)
- Paper maps
- HELP/OK signs
- Age appropriate items: diapers, toys, baby carrier, diversion items such as a toy/book/playing cards
- Anxiety reducing items: fidget toys, communications buttons (EX: "I get non-verbal when I am anxious")
- Digital copies (USB stick) of important photos including photos of home contents for insurance purposes, sentimental photos and photos of sentimental items in the event of loss

Learn more online:

[PreparedBC - Prepared BC Emergency Guides and Resources](#)

Internet search: Prepared BC emergency

[Red Cross Canada Get an Emergency Kit](#)

Internet search: "red cross Canada" "get an emergency kit"

Available in multiple languages

[City of Vancouver Personal Preparedness](#)

Internet search: vancouver personal preparedness

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