

Grab-and-Go Bag

Be prepared to leave quickly with a small emergency kit.

Recommended for: Home, Workplace, Vehicle

Consider including the following items:

- **Food (ready to eat) and water**
- **Phone charger and battery bank**
- **Battery-powered or hand-crank radio**
- **Battery-powered or hand-crank flashlight**
- **Headlamp**
- **Extra batteries**
- **Small first-aid kit and personal medications**
- **Personal toiletries and items (e.g., extra glasses or contact lenses)**
- **Copy of your emergency plan**
- **Copies of important documents (e.g., insurance papers, ID)**
- **Cash in small bills**
- **Local map with your family meeting place marked**
- **Seasonal clothing and an emergency blanket**
- **Pen and notepad**
- **Whistle**



**REGIONAL DISTRICT
NORTH OKANAGAN**