

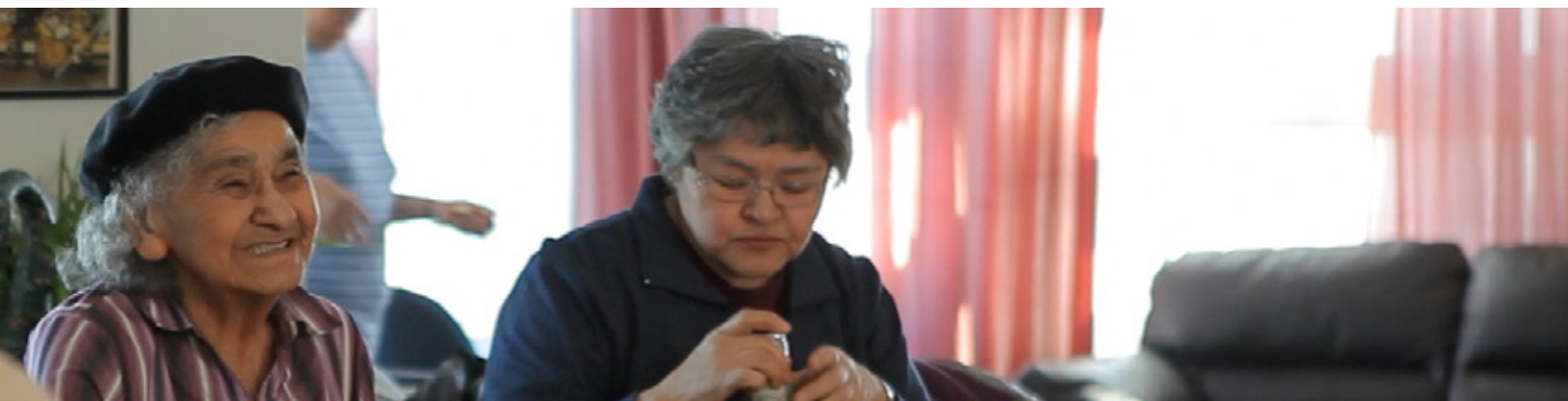
“GRAB AND GO” BAG CHECKLIST FOR: ELDERS IN REMOTE NORTHERN FIRST NATIONS COMMUNITIES



- A copy of your family emergency plan
- Water (1 litre per person) *Individuals with special medical needs may need to add additional water to their “grab and go” bags based on their personal needs (e.g. extra water to take with medications, etc.)
- Food for 12-hour period (non-perishable ready-to-eat foods, high energy bars, meal replacement drinks, etc.)
- Crank or battery-operated flashlight, with extra batteries
- Photocopies of important documents (medical and vaccination records, health card, status card, birth certificate, prescriptions, insurance policies, bank account information, phone numbers of family members)
- Seasonal change of clothes (2-3 sets for each person in the family)
- House keys
- Cash (coins & bills)
- Basic first aid kit (one per family)
- Medication
- Personal items (soap, toothbrush, toothpaste, feminine hygiene products deodorant, etc.)
- Paper and pen for writing
- Special needs items – canes, walkers, wheelchairs, insulin testers and kits, glasses, hearing aids and extra batteries etc. (NOTE: while these items would not be in a “grab and go” bag because they are used daily, keep them easily accessible and take them if you have to evacuate)

NOTES:

- The “grab and go” bag should be put together seasonally and according to each individual’s needs.
- It is recommended that you never allow the amount of medication you have on hand to fall below a 10-day supply.
- Aircraft used for evacuations have strict weight restrictions. Each family member’s “grab and go” bag must weigh 40 lbs or less (medical assistive devices, such as wheelchairs, are not part of this weight restriction).



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READY AND TO ACCESS ADDITIONAL RESOURCES TO HELP YOU
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