

GRAB-AND-GO BAG

Are you ready for an emergency evacuation?

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If you and your family had to hightail it out of your house in an emergency, would you be prepared? Most of us would be running around frantically trying to decide what was the most important things in our life to take with us.

A survey conducted by the American Red Cross showed that only 10% of families in the United States have an emergency plan, a disaster kit, and training in first aid and CPR. People know that being prepared for disaster is necessary, but they don't know what steps to take. I thought I would try to help you think about it and *start* to get prepared.

An important first step is to assemble an emergency grab-and-go bag that contains crucial supplies that you'll need if you evacuate from your home.

The American Red Cross has a pre-packed Kit for \$65 that is available at www.redcross.org. Or you can assemble your own using some of the items below. Make sure bags are labeled with each person's name, and keep them somewhere accessible. Having them up in a cupboard tucked away will not work in an emergency. In fact, I know that I would most likely forget that I even have the kits.

GRAB-AND-GO BAG CONTENTS:

1. Personal travel-size toiletries
2. Lightweight flashlight with batteries inserted.
3. Extra pair of eyeglasses, if needed (an old pair works fine and is better than none.)
4. Whistle to signal for help.
5. A few days of any prescription medicines
6. A bottle or two of water.
7. High-protein, high-calorie energy food bars.
8. A change of clothes
9. If you have children, a soft comfort toy for each child.
10. Family Photographs (One for each child and adult)

ONE ADULT SHOULD ALSO CARRY:

1. Family first aid kit
2. Lightweight battery-powered radio
3. Extra set of car, home, and safe deposit box keys
4. Credit Card and Cash
5. **Copies** of essential documents. Include birth certificates, tax returns for the last two years, **copies** of driver's licenses, passports, and social security cards and credit cards (copy both sides. Also include **copies** of deeds, vehicle titles,

insurance policies, and appraisals of valuables (original documents should be in a safe deposit box.)