

# AARP 50+ Emergency Preparedness Check

✓ “Grab & Go” Bag: Evacuate For Up To 3 Days

✓ “Shelter In Place” Bag: For Up to 7 Days

“Grab & Go” Bag (3 days)	“Shelter in Place” Bag (7 days)
<p><b>Food &amp; Water</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Three (3) days of non-perishable food (ready to eat)</li> <li><input type="checkbox"/> One gallon of water per person per day for at least 3 days</li> <li><input type="checkbox"/> Pet food and water for at least 3 days</li> <li><input type="checkbox"/> Plastic plates, cups and utensils</li> <li><input type="checkbox"/> Hand operated can opener</li> <li><input type="checkbox"/> Paper towels</li> </ul>	<p><b>Food &amp; Water</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seven (7) days of non-perishable food (ready to eat)</li> <li><input type="checkbox"/> One gallon of water per person per day for at least 7 days</li> <li><input type="checkbox"/> Pet food and water for at least 7 days</li> <li><input type="checkbox"/> Plastic plates, cups and utensils</li> <li><input type="checkbox"/> Hand operated can opener</li> <li><input type="checkbox"/> Paper towels</li> </ul>
<p><b>Personal Health &amp; Hygiene</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hand sanitizer/Disinfectant wipes</li> <li><input type="checkbox"/> Travel size soaps, shampoos and lotions</li> <li><input type="checkbox"/> Dental products</li> <li><input type="checkbox"/> Vision/eye care products/glasses</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Medications (prescription and over the counter)</li> <li><input type="checkbox"/> Medical supplies (hearing aids with extra batteries, syringes, canes, etc.)</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Change of clothing and sturdy shoes</li> <li><input type="checkbox"/> Blanket or sleeping bag</li> </ul>	<p><b>Personal Health &amp; Hygiene</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hand sanitizer/Disinfectant wipes</li> <li><input type="checkbox"/> Travel size soaps, shampoos and lotions</li> <li><input type="checkbox"/> Dental products</li> <li><input type="checkbox"/> Vision/eye care products/glasses</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Medications (prescription and over the counter – include pill box)</li> <li><input type="checkbox"/> Medical supplies (hearing aids with extra batteries, syringes, canes, etc.)</li> <li><input type="checkbox"/> First Aid Kit</li> <li><input type="checkbox"/> N95 or surgical masks</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Garbage bags</li> <li><input type="checkbox"/> Household bleach</li> <li><input type="checkbox"/> Leather work gloves</li> <li><input type="checkbox"/> Change of clothing and sturdy shoes</li> <li><input type="checkbox"/> Blanket or sleeping bag</li> <li><input type="checkbox"/> Nose and mouth protection facemasks</li> </ul>

<b>Lighting, Safety &amp; Communications</b>	<b>Lighting, Safety &amp; Communications</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Family and emergency contact information</li> <li><input type="checkbox"/> Current photos of family members/pets and property sealed in a plastic bag</li> <li><input type="checkbox"/> Copies of important documents sealed in a plastic bag (Social Security card, birth certificate, Home &amp; Car insurance, mortgage, titles, bank/credit card account numbers)</li> <li><input type="checkbox"/> Flashlight with extra batteries</li> <li><input type="checkbox"/> Solar/Battery lamp and solar charger</li> <li><input type="checkbox"/> Portable, battery powered/hand-crank radio with extra batteries</li> <li><input type="checkbox"/> Cell phone with extra batteries and chargers, car phone charger</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Tarp</li> <li><input type="checkbox"/> Wrench and pliers to turn off utilities</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Family and emergency contact information</li> <li><input type="checkbox"/> Current photos of family members/pets and property sealed in a plastic bag</li> <li><input type="checkbox"/> Copies of important documents sealed in a plastic bag (Social Security card, birth certificate, Home &amp; Car insurance, mortgage, titles, bank/credit card account numbers)</li> <li><input type="checkbox"/> Proof of vaccinations for pets if you have to go to shelter</li> <li><input type="checkbox"/> Flashlight with extra batteries</li> <li><input type="checkbox"/> Solar/Battery lamp and solar charger</li> <li><input type="checkbox"/> Water proof matches or utility lighter</li> <li><input type="checkbox"/> Portable, battery powered/hand-crank radio with extra batteries</li> <li><input type="checkbox"/> Cell phone with extra batteries and chargers, car phone charger</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Tarp</li> </ul>
<b>Transportation</b>	<b>Transportation</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Cash</li> <li><input type="checkbox"/> State contraflow map</li> <li><input type="checkbox"/> Road map</li> <li><input type="checkbox"/> Full tank of gas in vehicle</li> <li><input type="checkbox"/> Swiss Army knife or multipurpose tool</li> <li><input type="checkbox"/> Books, games</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cash</li> <li><input type="checkbox"/> Road map</li> <li><input type="checkbox"/> Full tank of gas in vehicle</li> <li><input type="checkbox"/> Extra sets of house and car keys</li> <li><input type="checkbox"/> Portable tool kit</li> <li><input type="checkbox"/> Gas can with funnel (min. 5 gallon)</li> <li><input type="checkbox"/> Swiss Army knife or multipurpose tool</li> <li><input type="checkbox"/> Books, games</li> </ul>