

GRAB & GO Checklist

(for the whole household)

Grab

Priority Items

- ☐ Pet Emergency Kit
- ☐ Your Pet 😊
- ☐ Emergency Kits
- ☐ Emergency Cash
- ☐ PIC Notebook
- ☐ Bill paying kit
- ☐ Passports & IDs
- ☐ Safety deposit key or home safe
- ☐

Electronics

- ☐ Phones
- ☐ Phone chargers
- ☐ Batteries
- ☐ Flashlights & Lanterns
- ☐ Laptops & power cords
- ☐ iPads/Tablets & chargers
- ☐ Portable charger pack
- ☐

Medication

- ☐ Pet medication
- ☐ Your medication
- ☐ Any written prescriptions
- ☐ Medical equipment
- ☐ First Aid Kits (family & pet)
- ☐ Cold, Flu & Allergy medication
- ☐ Ibuprofen/Aspirin/Acetaminophen
- ☐ Supplements
- ☐

Prep

Priority Items

- ☐ Gas up
- ☐ ATM — more cash
- ☐ Buy extra batteries
- ☐

Electronics

- ☐ Charge phones
- ☐ Charge laptops
- ☐ Charge tablets
- ☐ Charge portable charger pack
- ☐ Forward home phone to cell phone, if applicable
- ☐

Medication

- ☐ Charge batteries for medical equipment
- ☐

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Grab

Clothing

- ☐ Luggage
- ☐ Jeans, 1-2
- ☐ T-shirts, 1-2
- ☐ Long sleeved work shirt
- ☐ Pajamas
- ☐ Jacket or sweater
- ☐ Underwear
- ☐ Socks
- ☐ Walking shoes
- ☐ Flip flops
- ☐ Warm boots*
- ☐ Warm jacket*
- ☐ Hat & gloves*
- ☐

Comfort & Hygiene

- ☐ Pet bedding
- ☐ Kennel/Carrier
- ☐ Anti-anxiety wrap
- ☐ Pillows**
- ☐ Blankets** (or sleeping bag)
- ☐ Toothbrush and toothpaste
- ☐ Personal hygiene products
- ☐ Toilet paper
- ☐ Cat litter/poop bags
- ☐ Trash bags
- ☐ Paper towels & disinfectant
- ☐

Prep

Clothing



* if winter

Comfort & Hygiene



** evacuation shelters
may not have these

GRAB & GO Checklist

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Grab

Pantry & Cabinets

- ☐ Water
- ☐ Pet food
- ☐ Can opener
- ☐ Coffee/Tea/Cocoa
- ☐ Sugar
- ☐ Canned beans (pinto, navy, etc.)
- ☐ Canned meats
- ☐ Canned fruits
- ☐ Canned vegetables
- ☐ Peanut butter
- ☐ Crackers
- ☐ Individual snacks or treats
- ☐ Pet treats
- ☐

Refrigerated & Frozen Foods

- ☐ Cooler(s)
- ☐ Ice
- ☐ Pet food, if applicable
- ☐ Reusable ice packs
- ☐ Frozen foods that can be cooked easily
- ☐ Fruits & vegetables
- ☐ Deli meats
- ☐ Cheeses
- ☐ Refrigerated foods that are safe after 4 hours
- ☐

Prep

Pantry & Cabinets

- ☐ Fill bottles of water
- ☐

Refrigerated & Frozen Foods

- ☐ Freeze all reusable ice packs
- ☐ Freeze additional bags or bottles of water, leave space for expansion
- ☐ Buy ice
- ☐ Put a thermometer in cooler to ensure safe temperatures are maintained
- ☐