



# GRAB-AND-GO SHOPPING LIST

You may need to leave immediately in the event of an emergency. Be ready to go by having a smaller version of your emergency kit in an easy-to-access place in your home.

- First Aid kit and medications
- Food and water
- Seasonal clothing and footwear
- Battery powered or hand-crank radio
- Battery powered or hand-crank flashlight
- Extra batteries
- Toothpaste, toothbrush and other toiletries
- Whistle to signal for help
- Cell phone with chargers, inverter or solar charger
- Copy of your emergency plan, important documents and cash in small bills
- Pen and notepad to write down important information

**PARTNERS IN  
PREPAREDNESS**  
**Let's get ready.**



Learn more about emergency preparedness at [www.preparedbc.ca](http://www.preparedbc.ca)

Partners in Preparedness is a program from PreparedBC and BC retailers.