



Things to Think About!



By Brandan Atkin

For more information about possibilities for Grab –N – Go Bags, please visit one of the following:

<http://www.ahrimangate.com/GrabGoBag.pdf>

http://www.safety.caltech.edu/manuals/grabngo_emergency_kit.pdf

http://www.ehow.com/how_13696_1_prepare-grab-n.html

http://processmediainc.com/press/mini_sites/preparedness_now/excerpts/pnow_chap04_grab-and-go_bag.pdf

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Grab-and-Go Bags

by Linda Jorgensen

I have decided driving must be my lot in life. Other than the few hours I spend sleeping, I believe the majority of my life is spent in my van. Like other mothers I seem to spend an inordinate amount of time driving my children to and from school, soccer practices, doctor's visits, multiple weekly therapy sessions or general errands. The need to be in the van is never ending. While I haven't done any scientific studies I am certain if one were to measure the amount of dust settling on the horizontal surfaces of my home there would be a direct correlation to the layer of dust and my time spent driving in my van.

I have discovered, while spending all that time driving in the van, that there are certain things I just cannot live without. Being prepared for boredom, emergencies (small and large), sudden weather changes, spills, chills and family thrills is an absolute must. If something is going to happen it will be when we are the farthest away from home and we will suddenly develop a DIRE need for the one item left at home. Sitting on the kitchen counter. By the back door. We've learned this one the hard way. We also learned this problem can be resolved by making sure each family member has his or her own Grab-and-Go-Bag.

What is a Grab-and-Go bag? It's an individualized bag for use when leaving home or in case of an Emergency Evacuation. It is helpful to develop a list of items your family member would not want to be caught without while away from home. A backpack, diaper bag or small duffel can be used to carry items. These bags should be personalized for each family member's own needs and situation. Just grab it and go every time you leave the house. Many families also store these bags in their vehicles, checking them weekly to make sure they are ready for use.

The following is a suggested list of items to include:

- Emergency or routine medications (ie: rescue inhalers, seizure medication etc.)
- Copy of Emergency Medical History (in sealed envelope)
- Copy Blank Incident Report Form
- Copy of Emergency Contact Numbers
- Extra, frequently used, medical supplies (tubing, dressings, moleskin, etc.)
- Basic First Aid Kit
- Folding umbrella
- Flushable wipes in an airtight container
- Personal hygiene supplies (incontinence pads, sanitary pads, diapers, etc.)
- Change of clothing (warm for Winter cool for Summer)
- Jacket (and/or small blanket)
- Hat
- Sunscreen and bug spray
- Skin lotion
- Bottled water
- Approved snacks
- Formula or Liquid Meal Supplements (Ensure, etc....)
- Gloves
- Hand-sanitizer
- Entertainment items (games, books, coloring supplies, CD player, radio with headset, items of personal preference, etc.)
- Personal medical equipment (walker, wrist/leg braces etc.)
- 2 Gallon zipper closure bags
- Toilet paper or facial tissues
- Small amount extra cash
- Hex wrench set and adjustable crescent wrench (for wheelchairs or larger equipment)
- Flashlight
- Paper and Pencil

I have also discovered a few items that I cannot live without and which live in a plastic box underneath the driver's seat.

- A current phone book (Our phone company provides a smaller version meant for use in a vehicle. I called Customer Service and requested a free copy).
- An updated local city map
- An updated State Map
- Notebook and pencil for writing directions and other miscellaneous information.

I decided long ago that if I am going to have to spend the majority of my time driving I might as well be prepared and comfortable. Ensuring that we have any supplies we may need at a moment's notice has made life in the van much more bearable. Now to figure out how to get rid of all that settling dust....

