

EMERGENCY GRAB BAG



DOCUMENTS

- Birth Certificates
- Marriage License
- House deed or mortgages paperwork
- Copies of Insurance Cards
- Any legal paperwork
- Tax docs
- Passports
- Digital copies on a USB
- Upload documents onto a cloud

ELECTRONICS

- Cell phone chargers
- Laptop chargers
- Portable phone charger
- Flashlights and extra batteries
- Hard drive backup
- Speaker & charger
- Tablets & chargers
- Solar chargers

MEDICATIONS

- First-Aid kit
- Prescription medication
- Dentures
- Glasses
- Motion sickness tablets
- Over-the-counter medications

CLOTHING

- Change of clothing for 1-7 days
- Change of underwear,
- Socks
- Sweater
- Shoes
- PJS
- Long johns
- Raincoat
- Warm jacket

INFANT NEEDS

- Non refrigerated milk
- Sippy cups
- bottles
- Diapers
- Wipes
- Pacifiers
- Shirts
- Pants
- Socks
- Sweaters
- Shoes
- Hair ties
- Comb
- Infant Tylenol
- Blanket

MONEY

- Cash (small bills)
- Check books
- Debit/credit cards

ADDITIONAL ITEMS

- Cameras & Chargers
- Walkie talkie & batteries
- Portable radio
- Recreational items
- Important Jewelry
- Important photos (deceased)
- Pens, permanent marker
- Hand sanitizer
- 4 mini water bottles
- Family photos printed (for identification) - can be ordered via [freeprints](#)
- Note pads
- Sticky notes
- Painters tape

TOILETRIES

- Soap
- face towels
- Toothbrush
- Toothpaste
- Floss
- Body soap
- Travel
- Wipes
- Loofah/wash cloth
- Deodorant
- razors
- Q-tips
- Hairbrush
- Hair ties
- Toilet paper
- Tampons (for bleeding/injuries)
- Feminine pads (for bleeding/injuries)

PETS

- Bowls
- Cat food
- Dog food
- Small pet toys (favorites to help with anxiety)
- Cat litter
- Leashes
- Poop bags
- collars

BACK PACK

Asenlin 40L Travel Backpack - 17 Inch Laptop Backpack, Flight Approved Luggage Carry On, Water Resistant Computer Backpack for Weekender Overnight Large Daypack Grey

https://smile.amazon.com/dp/B08B8BK813/ref=cm_sw_r_cp_api_glc_fabc_I7NaGbT4RPVPF

Emergency Evacuation Information Sheet

- 1. Emergency Contacts:** Primary Contact: Name, phone number, relationship
Secondary Contact: Name, phone number, relationship
Local Emergency Services: Police, Fire, Ambulance (include phone numbers)
Out-of-State Contact: Name, phone number (important for family coordination)
- 2. Medical Information:** List of Medical Conditions: Chronic illnesses, allergies, special needs
Medications: Names, dosages, and frequency
Doctor's Contact Information: Name, phone number
Insurance Information: Health insurance provider, policy number
- 3. Emergency Plan Details:** Meeting Place: Designate a safe, easily accessible meeting place (outside your home or neighborhood). Evacuation Routes: Alternate routes to avoid traffic or blocked roads. Shelter Locations: Nearby emergency shelters or locations to head toward. Important Local Numbers: Fire Department, Red Cross, local emergency management.
- 4. Personal Identification:** Copies of Identification: Include copies of driver's licenses, passports, and birth certificates (keep these in a plastic bag or laminate them). Home Address: For quick reference if needed by emergency responders.
- 5. Communication Plan:** Phone Numbers of Neighbors/Relatives: List out-of-area contacts for coordination. Important Apps: Emergency alert apps or community apps that you have installed.

Survival Tips

Surviving a disaster for 72 hours can be challenging, but with proper preparation and planning, you can greatly increase your chances of staying safe and maintaining your well-being. Here are key suggestions on how to survive for 72 hours during a disaster:

- 1. Water:** At least one gallon per person per day for drinking and sanitation. (3 days' worth)

Food: Non-perishable, easy-to-prepare meals (energy bars, canned food, dried fruits, nuts, etc.). Ensure you have enough for 3 days.

First-Aid Kit: Basic supplies such as bandages, antiseptic, tweezers, pain relievers, and any necessary prescription medications.

Tools and Supplies: Flashlight with extra batteries, multi-tool, whistle, portable charger, and duct tape. Hygiene Items: Wet wipes, hand sanitizer, toilet paper, garbage bags, and plastic gloves. Warmth and Shelter: A lightweight tarp, emergency blanket, extra clothing, and a waterproof poncho.

Communication Devices: A battery-powered or hand-crank radio to stay updated on news, and a fully charged cell phone with a backup power source.

- 2. Secure Clean Water:** If clean water is not available, be prepared to purify water using water purification tablets, a filter, or by boiling it. Always have extra water bottles in your emergency kit, as hydration is crucial for survival.

3. **Prioritize Safety and Shelter:** Find a Safe Location: Move to a safe area, away from potential hazards such as collapsing buildings, floodwaters, or fire. Set Up Shelter: If you need to stay outside, use a tarp or an emergency tent. Make sure it's sturdy enough to protect you from the elements. Stay Away from Dangerous Areas: Avoid power lines, unstable buildings, flood zones, or fire-prone areas.
4. **Stay Informed:** Listen to Official Updates: Use a battery-powered radio, or your phone (if functional), to stay updated on evacuation orders, weather conditions, or emergency alerts. Know Emergency Procedures: Familiarize yourself with evacuation routes, local shelters, and any disaster-specific safety advice.
5. **Ration Your Supplies:** Water: Use water sparingly. Drink small sips regularly to stay hydrated, and avoid drinking contaminated water unless purified. Food: Ration your food to last for 3 days. Stick to high-energy foods that don't require cooking or refrigeration.
6. **Conserve Energy and Stay Calm:** Stay Calm: Panic can impair your judgment. Focus on staying calm, keeping a clear head, and helping others remain calm. Rest and Conserve Energy: Limit physical exertion to avoid exhaustion. Rest as much as possible to conserve energy.
7. **Use Your Surroundings for Shelter and Resources:** Shelter: Seek refuge in strong buildings or natural shelters if your home is unsafe. Use blankets, clothing, or other materials to stay warm. Signaling for Help: If you're stranded, use loud noises (such as a whistle), bright colors, or large signs to attract attention. Fire and Heat: If conditions are cold and you need to stay warm, use a fire (if safe) or your emergency blanket. Never start a fire indoors unless you're in a safe, ventilated space.
8. **Stay Healthy:** Avoid Injury: Be mindful of sharp objects, debris, and unstable structures. Wear sturdy shoes to protect your feet. Personal Hygiene: Maintain hygiene as best as you can to prevent infections, even with limited supplies. Use hand sanitizer and wet wipes frequently.
9. **Communicate with Family and Loved Ones:** Establish a Communication Plan: Before disaster strikes, have a plan with family members on where to meet and how to communicate. If separated, use text messages (less battery-draining) or social media to keep in touch. Check in with Others: If possible, check in with neighbors, elderly relatives, or people with disabilities to ensure they're okay.
10. **Know When to Move:** Wait for the Right Moment: If you're waiting for an evacuation or rescue, be patient. Move only if it's safe and necessary. Evacuation: If conditions become unsafe, evacuate when possible, using a pre-designated safe route or shelter. Avoid walking into areas with flooding, fire, or hazardous materials.

Key Mentality to Adopt:

Stay Positive and Resourceful: Disasters can be overwhelming, but keeping a positive mindset can help you make better decisions. Focus on survival and take one step at a time. **Stay Alert:** Pay attention to changes in the environment, weather, and any signs of danger. Keep alert for updates and new threats.



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