

## Grab 'n Go Bags (Supplies sufficient for 72 hours)

- Food
- Water
- First Aid Kit
- Survival Manual
- Flashlight & batteries
- Radio & batteries
- Money (for pay phones)
- Gloves
- Warm clothing
- Sturdy shoes/Hiking boots
- Prescribed medications
- Extra prescription eyeglasses/contact lenses
- Family photographs
- Address book with important phone numbers

