

## BUG OUT CONTENTS

Be prepared in case your family must quickly leave your house due to an emergency situation (hurricanes, wildfires, floods, etc.). Use duffle bags, backpacks, and/or large plastic containers to store your items in case your family must quickly leave your house due to an emergency situation (hurricanes, wildfires, floods, etc.). If you don't mind spending a bit more money on the container, a basic large suitcase would hold quite a bit (and has wheels and a handle for easy portability).

Check your supplies twice a year to make sure that items have not expired on items. Also be sure to take into account the sizing of clothes and diapers for your growing kids. A good time to check your stock of emergency supplies is the same time you check the batteries of your smoke detectors (when setting your clocks forward in the spring one hour and backwards one hour in the fall).

Below is a list of recommended items to include:

- 3 days worth of non-perishable food for each family member such as energy bars, trail mixes, canned food (with pop-top lids)
- Box of plastic silverware and packages of paper plates and bowls
- One gallon of water for each family member
- FIRST AID KIT (you should already have a few of these-one you keep in your home, and one you keep in each vehicle)
- A sleeping bag for each family member
- Formula and baby bottles for infants
- Sanitary products
- Bandanas
- A few pairs of socks, underwear, shirts, and pants for each family member
- Winter coats, gloves, and hats if it's during the winter
- Baby wipes and hand sanitizer
- Travel size toiletries (toothbrushes, toothpaste, deodorant, soap, and shampoo)
- **DON'T FORGET TO GRAB PRESCRIPTION MEDS!**
- Dog/cat food and treats (in Ziplock bags), dog leash, pack of poop bags/small litter box, and pet toys
- **Recent family photos**
- Flashlight with extra batteries
- Cell phone charger (solar-powered is preferable)
- **Copies of important documents (birth certificates, passports, social security cards, etc.) in gallon-sized Ziplock bag(s)**

- Battery-operated radio
- Lighters
- Travel pillows (one for each family member)
- Comfort items for kids (small stuffed animals, deck of cards, crayons and coloring books, books, dolls, action figures, etc.)
- **CASH (FIGURE ON AT LEAST \$100 PER FAMILY MEMBER)**