

Emergency Grab and Go Bags

This is a list of what Cynthia put in her bags for herself, her car, her mom, and her daughter

Update yourself, your School Green Team, etc.!

- *Put name tag on bag*
- *Include list of what's in bag*
- *Include Circle of Care and other emergency info*
- *Put all paper items in ziplock bags*

Car Bag

- Phone Numbers, etc. - "Circle of Care" - printed out and in ziplock bag
- First Aid Kit
- [First Aid Basic Info Laminated Pocket Guide](#)
- Map (Paper) of Bay Area
- 20 dollars cash
- Jacket
- ER or light blanket
- Bottled Water
- Water Filter - [Life Straw](#)
- Bandana - multiple uses, including first aid
- Flashlight - *keep batteries separate in plastic bag*
- Shoes and socks
- Masks for smoke - N95 or N99 for smoke (must cover valve for COVID)
- Phone charger --- a way to charge phone away from the car
- Coffee packets plus snack bars
- Paper and pen
- Pack of cards or small book (something to do)
- Already in car are duct tape, maps, road atlas, larger blanket, jackets, rain pants, tarp, more water, flip flops, sunscreen, bug stuff.

House Go Bag

- Phone Numbers - "Circle of Care" - in ziplock bag
- 40 dollars Cash

- First Aid Kit - including Advil
- First Aid Basic Info Laminated Pocket Guide
- Map of Bay Area
- Jacket
- ER blanket
- Bottled Water
- Water Filter - [Life Straw](#)
- Bandana
- Flashlight and [Luminaid](#) Light & Charger
- Shoes and socks
- Masks for smoke
- Coffee packets and snack bars
- Paper and pen, duct tape (small roll)

Go Bag for Cynthia's Daughter in College

- Phone Numbers - Circle of Care including Home Folks & Chico
- First Aid Kit - including Advil
- [First Aid Basic Info Laminated Pocket Guide](#)
- 20 dollars cash
- Map of Chico Area and map of Bay Area
- Jacket
- ER or light blanket
- Snack Bars and coffee packets
- Bottled Water
- Water Filter - [Life Straw](#)
- Bandana
- Flashlight
- Luminaid Light and Phone Charger
- Shoes and socks
- Masks for smoke
- Tampons or pads
- Paper and pen and small roll duct tape
- Pack of cards or something to read (magazine) - something to do without power

Go Bag for Grandma Helen

- Phone Numbers - Circle of Care

- Med info - hearing aides, medicine list, etc., name of doctors
- First Aid Basic Info Laminated Pocket Guide
- First Aid Kit - including Tylenol
- 20 dollars cash
- Map of Bay Area
- Jacket
- ER or light blanket
- Snack Bars
- Bottled Water
- Water Filter - [Life Straw](#)
- Bandana
- Flashlight
- [Luminaid](#) Light and Phone Charger
- Shoes and socks
- Masks for smoke

Pet Go Bags

- Carriers - towel inside each carrier plus small piece of sheet to cover carrier
- Bag of food, two small plastic bowls, bottle of water, treats, toys
- Vet info, Chip identification info

Circle of Care

- Names, phone numbers, locations of people in care circle
- Med needs (diabetic, etc.)
- Med skills (CPR, Nurse, etc.)
- Who has a landline and can be point person if cell phone towers go down

Ideas behind Circle of Care

- In quakes, bridges or roads can go down, you may need a place to wait things out - Peninsula, North Bay, SF, East Bay, etc.
- Some folks have skills to help and others have special needs - some have both
- Landlines are very helpful in emergencies