



Grab-and-Go Bags Checklist

BASICS

- ☐ Water (1 gallon per person per day) water bottles or water pouches
- ☐ Life Straw / or water purification tablets
- ☐ Snacks and simple meals (2-3 days' worth of food)
- ☐ Waterproof matches/lighters
- ☐ Tea lights/ glow sticks
- ☐ Flashlight & extra batteries
- ☐ Pocket Knife
- ☐ Whistle on a string
- ☐ Portable power bank /cell charger
- ☐ Portable radio w/extra batteries
- ☐ Mylar style sleeping bag/blanket

FIRST AID

- ☐ Toilet paper
 - ☐ Wipes
 - ☐ Sanitizer
 - ☐ Soup/washcloth
 - ☐ Sunscreen/bug spray
 - ☐ Small first aid kit
 - ☐ Prescription Medicine
 - ☐ Ace bandages
 - ☐ face masks, bandanas, ear plugs
 - ☐ Person items – toothpaste, toothbrush, brush, hair ties, lotions, Chapstick & feminine hygiene
- (Travel size works great for your toiletries)



CLOTHING

- ☐ Hat/cap
- ☐ Plastic poncho/or trash bags
- ☐ Gloves (work) / warm gloves
- ☐ Change of clothing x 2 (plan for the current season)
- ☐ Sturdy shoes & extra socks
- ☐ Jacket (colder nights/winter)

(Hoodies for warmer areas and heavy winter coats for colder weather)

This is just a basic list, if you live in cold weather, you will want more layers of clothing, thermals, and wool socks.

THE CAR BASICS

- ☐ Jumper cables &/or emergency power booster
- ☐ Flares
- ☐ Kitty litter/sand
- ☐ Small shovel
- ☐ Window scraper
- ☐ Working jack
- ☐ Good inflated spare tire
- ☐ Run flat/tire inflation bottle
- ☐ Tow rope
- ☐ Bungies
- ☐ Extra blanket
- ☐ Maps
- ☐ Tool kit
- ☐ Duct tape

Have any questions?

Feel free to email us at customerservice@packfreshusa.com or give us a call at 844-857-8277