

GRAB & GO BAGS

Adapted from [King County Public Health](#) Child Care Health Resources

A *Grab & Go* bag should be easy to transport and contain essential items that you may need in the first hour or so following an emergency/disaster. Though it contains only a small portion of your disaster supplies, it is a key part of your preparedness and response.

A *Grab & Go* bag should be assembled for each class/group in your program. In the classroom, the best place to keep it is on a hook by the door that you usually use to exit. Your *Grab & Go* bag should accompany your class/group *everywhere* - when you leave the classroom, always take it along. Your *Grab & Go* bag should be with you outside, on field trips, fire drills, or any other planned or unplanned classroom departure. The *Grab & Go* bag should be out of small childrens' reach at all times.

A *Grab & Go* bag should include:

- Backpack, labeled for easy identification
- Emergency forms (contact info) for students and staff
- "Rescue" medications* with authorization forms
- [First aid kit](#)
- Flashlight(s) and batteries
- Whistle
- Bottle of water with small paper cups
- Tarp or ground cover
- (2) Mylar blankets
- Tissues, toilet paper, and/or wipes
- Age-appropriate snacks
- Optional: age-appropriate time passers (books, crayons, paper, etc.)

Have a system in place for keeping emergency contact information current. Check expiration dates of food, water, batteries, and any medication, and replenish those items regularly. Keep first aid supplies fully stocked.

**Rescue medications include EpiPens®, asthma inhalers, or any other medications that a specific minor may need to keep them alive.*