

PREPARE YOUR GRAB AND GO KIT

Make a grab-and-go kit so basic items can be accessed easily. You can use a backpack or suitcase to carry your kit. Gather the following items to form your kit:

1. Medications (prescription and over-the-counter)
2. Home medical equipment (examples: glucometer, blood pressure monitor, cane, etc.)
3. Cash
4. Food and water
5. Hygiene essentials



- Medical reference book (Healthwise Handbook)
- Antibiotic ointment
- Antiseptic solution (betadine, hydrogen peroxide, etc.)
- Sterile adhesive bandages
- Adhesive tape
- Latex gloves
- Scissors

- Medicine dropper
- Tweezers
- Thermometer
- Gauze
- Soap
- Disposable hand wipes
- Sunscreen
- Insect repellent

7. Important documents*

- Health insurance card
- Medicare and Medicaid information
- Doctors' contact information
- Prescription information
- Social Security card
- Driver's license
- Passport/citizenship papers
- Birth certificates
- Child custody papers
- Bank and credit card information
- Power-of-attorney documents
- Medical directives
- Wills and trusts
- Home insurance documents

*Store your important documents in a plastic zip bag to prevent damage. Make copies of the documents, and store originals in a home filing system or safe deposit box.