



RESPONSE GRAB-N-GO BAG

Volunteers are expected to have a grab-n-go bag (plan for 24 hours) to bring with them when they respond to ensure their comfort and wellbeing during activation. Do not forget to replace and rotate your supplies regularly. **Remember to always take your cell phone with you.**

The following list is a guideline. Feel free to include additional items you feel would be beneficial.

- Backpack to store the kit in
- Bottled water (at least 1 litre)
- Food – lightweight, compact and ready to eat
- Sturdy walking shoes & socks
- Extra clothing (think seasonal)
- Personal medications
- Small first aid kit
- Reading glasses/contact lens supplies
- Toiletries (shampoo, soap, toothpaste, toothbrush, hygiene products, etc.)
- Towel
- Poncho and Emergency blanket to keep warm and dry
- Hand and feet warmers
- Whistle
- Battery operated/wind up radio and batteries
- Battery operated/wind up flashlight and batteries/lightsticks (consider a headlamp)
- Pen and paper/notepad
- Emergency cash in small denominations
- Local map
- Out of area contact information (cards can be issued at interview)
- Extra cell phone charger
- Copy of Important Documents, pictures, etc. (consider a USB drive)
- Deck of cards, book, etc. (for down time)
- EMBC ID (issued after signing onto a team)
- Name badge (issued at events)
- Worker Care card (issued at interview)