

POCO'S GRAB N' GO BAG

These are our suggested items for your personal grab n' go bag which should be packed in a waterproof backpack or soft suitcase.

It is recommended that this bag be kept available to you at all times.

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| <input type="checkbox"/> Candles (tea lights are good) | <input type="checkbox"/> Pocket or Swiss Army Knife |
| <input type="checkbox"/> Cash (quarters & paper money) | <input type="checkbox"/> Portable Radio with spare batteries |
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> Rain gear (i.e.: garbage bags, ponchos etc.,) |
| <input type="checkbox"/> Dust mask | <input type="checkbox"/> Rope |
| <input type="checkbox"/> Flashlight with spare batteries | <input type="checkbox"/> Set of spare clothing |
| <input type="checkbox"/> Food (5 year type as well as granola energy bars or fruit leathers) | <input type="checkbox"/> Silver foil blankets |
| <input type="checkbox"/> Glo Sticks (2) | <input type="checkbox"/> Spare glasses (if necessary) |
| <input type="checkbox"/> Identification | <input type="checkbox"/> Sturdy shoes and socks |
| <input type="checkbox"/> Map of area | <input type="checkbox"/> Water (5 year type or bottled) |
| <input type="checkbox"/> Medications (as well as Tylenol etc.) | <input type="checkbox"/> Waterproof matches |
| <input type="checkbox"/> Mini first aid kit | <input type="checkbox"/> Whistle on a string |
| <input type="checkbox"/> Out of area contact number | <input type="checkbox"/> Work gloves |
| <input type="checkbox"/> Paper and pens | <input type="checkbox"/> Cards or games (optional) |
| <input type="checkbox"/> Personal hygiene items (soap, toothpaste, deodorant, waterless hand wash, shampoo, toilet paper, Kleenex, etc.) | |

TIP: STORING EACH ITEM IN A ZIPLOCK BAG WILL ENSURE THAT IT STAYS DRY



The following is a list of some local companies that supply Emergency Preparedness Kits.

EMERGENCY PREPAREDNESS KIT SUPPLIERS

Krasicki & Ward - Survival Kits

2500 - 900 West 8th
Vancouver, B.C.
604-739-9455

Three Vets

2200 Yukon Street
Vancouver, B.C.
604-872-5475

Army and Navy

502 Columbia
New Westminster, B.C.
604-526-4661

Western Safety Products

2920 Murray
Port Moody, B.C.
604-461-5444

F.A.S.T.

8850 River Road
Delta, B.C.
604-940-3222

Any Canadian Tire