



School District 63
(Saanich)

Cordova Bay Elementary

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Vice Principal: Mrs. Anita Ko

Principal: Mrs. K.L. Urarii

GRAB and GO bag

Gather together the following items in a backpack (one for each member of your family) and have it stored in a location that is easy to find in case of an emergency. This doesn't replace your 72 hour supplies but should keep you comfortable in the first 12-24 hours of an emergency, especially if you are evacuated from your home. (If you are evacuated, leave a note for friends and family explaining how you are and where you are going. Shut off utilities before you leave—remember that gas must be re-connected by an official agent of the gas company.)

- comfortable walking shoes
- change of clothing; protective clothing
- emergency blanket
- waterproof poncho
- basic first aid kit
- flashlight and batteries
- toiletries
- personal medication
- bottled water
- non-perishable food (i.e. dried fruit, dried soup, crackers, foil pouch products, hard candies, gum)
- heavy gloves (preferably leather)
- personal items such as eyeglasses
- family photos
- AM/FM radio (i.e. wind up, solar or carry extra batteries)
- contact list: include family, friends, doctor, employer, insurance agent, out-of-area contact
- cash (small bills and coins)
- photocopies of important documents (i.e. driver's license, birth certificate, Care Card, insurance, banking)

Additional Items

- whistle
- local map
- items to keep children busy (i.e. travel games, puzzles, books, etc.)
- small tent or tarp for shelter
- toilet paper
- 12 hour glow stick
- plastic garbage bags
- pocket knife
- waterproof matches and candles
- manual can opener
- wet wipes or moist towelettes; hand sanitizer
- pencil/pen with small notepad
- extra set of house/vehicle/safety deposit box keys
- pet supplies

****A great time to review your 'Grab and Go' bag is when the time changes in the Spring and Fall!****