

Grab and Go Bag Emergency Preparedness Kit

2 persons 2 days

BOUGHT ITEMS:

2 Ea. Emergency thermal Blankets
10 Ea. Emergency water tetra packs. (5 year shelf life)
2 Ea. Emergency food rations. (5 year shelf life)
1 Pk. Waterproof matches
2 Ea. 12-hour light stick
1 Ea. Whistle
4 Ea. Triangular bandage
1 Pk. Hiker band aids
8 Ea. Antiseptic towellesttes
1 Ea, Instant Ice Packs
2 Ea Dust masks
1 Ea. Red Waterproof drysack

Cost of above bought items \$66.15 + HST = \$76.07

SELF SUPPLIED ITEMS:

1 Flashlight	Spare keys
Rubber Bands	Spare reading glasses
1 Pencil, note book	Telephone numbers
4 Ea. Dixie cups	Medications
2 Rolls toilet paper	Pet food (if you have a pet)
2 Pr. Latex gloves	First Aid Kit
Water purification tablets	Garbage Bags
1 Pr. Leather palmed gloves	Liquid soap, Paper towels
1 Multi purpose knife	Tooth brushes, Tooth paste
1 Roll Duct tape	Cash (small denominations)
Canned food	Small camp stove
Warm clothing	

OPTIONAL ITEMS:

1 AM/FM Radio, preferably with hand crank generator. (available at Radio Shack and other places)
Spare batteries
Sleeping bags

The above complies with the requirements of the BC Provincial Emergency Program
If you would like to purchase one of the above kits, please call:

Peter Hall 951-0411

or e-mail: pbhall@shaw.ca