

Prepare Yourself

Emergency Kits & Grab Bags



Bedfordshire
PREPARED

What is an Emergency Kit?

Emergency Kits prepare you for being stuck somewhere for a while. This might be in your home, or your car. We recommend you have a kit in both your home and your car.

What is a Grab Bag?

A **Grab Bag** can be grabbed in an emergency where you need to leave your home urgently in an emergency.

Why do I need both?

This leaflet will explain what you should have in each type of kit. The differences in what you put in there will help to answer this question. Here is an example:

- You don't need to pack your phone charger in your house **Emergency Kit**
- You want to pack a phone charger in your **Grab Bag** to take with you



Home Emergency Kits

In emergency incidents, you may be instructed to **Go In, Stay In** and **Tune In** until it is safe to leave. Having a **Home Emergency Kit** means you are prepared for situations like this.

You should make sure that you have a **Home Emergency Kit** ready in either a box or waterproof bag that can be accessed easily.

Kit Essentials

In no particular order

- Torch (wind-up or with batteries)
- Radio (wind-up or with batteries)
- A telephone that works when there is a power cut
- Foil blanket and first aid kit
- Bottle(s) of water
- Toiletries
- Tin opener and non-perishable food
- Antibacterial hand gel and wipes
- Rubbish bags and plastic ties for personal hygiene
- Notebook and pen/pencil
- Spare batteries
- Insurance/important documents in a waterproof pouch
- Essential medication and prescription details
- Emergency mobile phone/device charger

When making up your kit you think about your individual requirements, for example medication or pets.

Other items you might want to consider are:

- Warm clothes and a sleeping bag (1 per person)
- Camping stove
- Dust mask – to help filter contaminated air

Car Emergency Kit

In incidents where you are stranded in your vehicle for a long period of time unexpectedly, either because of traffic or an emergency incident, you should make sure that you have a **Car Emergency Kit** ready in your vehicle.

Kit Essentials

In no particular order

- Bottle(s) of water
- Non-perishable food such as crackers, nuts, cereal bars and dried fruit
- Chocolate and or sweets
- Torch (wind-up or with batteries)
- Foil/ thick blanket and first aid kit
- Bottle(s) of water
- Antibacterial hand gel and wipes
- Notebook and pen/pencil
- Emergency mobile phone/device charger

During the winter months, you might also want to consider the following:

- Ice scraper and de-icer
- Warm clothes and blankets - for you and all passengers
- Boots
- Additional non-perishable food
- Jump leads
- A shovel
- Road atlas
- Sunglasses (the glare off snow can be dazzling)

Top Tips

- When you're travelling, ensure you are properly prepared
- When making a journey check Met Office's [weather portal](#)
- Check that you know where to find traffic and travel information

Grab Bag

In emergency incidents where you have to leave your home because of an emergency, you should make sure that you have a **Grab Bag** ready to go.

A **Grab Bag** should be kept in either a box or waterproof bag that can be accessed quickly.

Bag Essentials

In no particular order

- Emergency mobile phone/device charger
- Home and cars keys
- Money and bank cards
- Identification
- Insurance documents
- Essential medicine and prescription details
- Bottle(s) of water
- Basic toiletries
- Spare batteries
- Antibacterial hand gel or wipes
- Insurance/important documents and photos in a waterproof pouch or on a USB memory stick
- Home Emergency Plan and emergency phone numbers
- Glasses and contact lenses

When making up your **Grab Bag** you think about your individual requirements, for example medication or pets.

Are Your Pets Prepared?

Home Emergency Kit

- Pet food and treats
- Bottle(s) of water
- Tin opener and pet food
- Pet medication, vet records and vet's contact number

Grab Bag

- Sturdy leashes, harnesses and/or carriers so you can move your pets safely and they can't escape (remember they may be scared and may act differently from usual)
- Current photos of your pet in case they get lost
- Pet beds and toys, if there is room

All free roaming pets should have an identification tag and collar, too.