Grab Bag Checklist

When disaster strikes, there's no time to waste—having a grab bag packed and ready can make all the difference. Whether it's a flood, earthquake, or power outage, your grab bag should have everything you need to stay safe and comfortable for at least three days. Use this checklist to build a personalised grab bag for yourself, your whānau, and even your pets!

Water bottle
Non-perishable snacks (e.g., energy bars)
Flashlight and extra batteries
Small first aid kit
Warm blanket
Extra clothing (hat, socks, raincoat)
Hand sanitizer
Personal hygiene items (toothbrush, toothpaste, wipes)
Medications (if needed)
Photo ID
Cash (small denominations)
Cell phone charger or power bank
Important documents (copies of ID, insurance)
Pet supplies (food, leash, carrier)
Small toys or games (for kids)
Sunglasses or a hat
Pocketknife
Comfort items (e.g., a favorite toy or blanket)

