

GRAB & GO BAG

for

Child Care and Other Early Learning Programs



**Be sure this is located somewhere you can grab it on the way out the door –
every time your class leaves the classroom!**

- Backpack, labeled for easy identification
- Emergency forms for students (& staff)
- “Rescue” medications with authorization forms
- First aid kit
- Flashlight(s) & batteries
- Whistle
- Bottle of water with small paper cups &/or (infant) bottles
- Tarp or ground cover
- (2) Mylar blankets
- Tissues, toilet paper, &/or wipes
- Age-appropriate snacks (including infant formula)
- Diapers (& plastic bags for disposal) for infants, toddlers, & children with special needs
- Age-appropriate time passers (books, crayons, paper, etc...)

What is a “Grab & Go” bag?

A *Grab & Go* bag contains essential items for an emergency. It includes things that you may need in the first hour or so following an emergency/disaster.

A *Grab & Go* bag contains only a small portion of your disaster supplies, but is a key part of your preparedness and response. A *Grab & Go* bag should be easy to transport. A backpack (daypack) usually makes the best carrier.

What should our *Grab & Go* bag contain?

A *Grab & Go* bag should include **current** emergency contact information, a first aid kit, “rescue” medications* with paperwork, and a flashlight. Tarps and/or blankets are also helpful for all ages. Include other items appropriate to the age(s) of children served. (Just make sure that you can easily carry your *Grab & Go* bag!)

Should the *Grab & Go* bag have enough formula and diapers for all infants?

No. Remember that this bag is designed to meet immediate needs for a limited time. Make sure that you have additional supplies in your 3-day disaster supply kit.

How many *Grab & Go* bags do we need?

A *Grab & Go* bag should be assembled for each class in your child care center or for each child care area of your home.

Where should we keep our *Grab & Go* bags?

Your *Grab & Go* bag should accompany your class *everywhere*. In the classroom, the best place to keep it is on a hook by the door that you usually use to exit (and that you are most likely to evacuate through). When you leave the classroom, *always* take it along. Your *Grab & Go* bag should be with you on the playground, field trips, fire drills, or any other planned or unplanned classroom departure. Some programs have installed hooks on their playgrounds to hang their *Grab & Go* bags when they are outside. The *Grab & Go* bag should be out of children’s reach at all times. (Again, don’t make it too heavy – no one should be tempted to set it on the ground where it would be easily accessible to children.)

We’ll have to update our *Grab & Go* bag from time to time, won’t we?

Absolutely. Make sure you have a system in place for keeping emergency contact information current. Check expiration dates of food, water, batteries, and any medication, and replenish those items regularly. Keep first aid supplies fully stocked.

*Rescue medications include EpiPens®, asthma inhalers, or any other medications that a specific child may need to keep him/her alive.

For questions or other information on how you can be prepared for emergencies and disasters, please contact your Public Health Nurse Child Care Consultant.