



What to Pack in Your Emergency Grab & Go Bag.

Emergency evacuations can happen unexpectedly, and when they do, you may not have much time to pack your belongings.

The Canadian Red Cross has prepared a list of items that should be included in your [Emergency Grab and Go Bag](#), containing all the essentials you need to survive for a few days. When you are evacuated from your home, you want to make sure you have everything you need to keep you and your family safe.

1. **Make sure you have enough water** to last at least three days. The rule of thumb is to have two liters of water per person per day. It's also important to have non-perishable food items, such as canned goods, energy bars, and dried fruits. Don't forget to pack a can opener and utensils to eat with.
2. **Pack a first aid kit with basic medical supplies** such as bandages, gauze, antiseptic wipes, and pain relievers. Also, include any necessary prescription medications and copies of important medical documents.
3. **Pack warm clothing and blankets** in case of cold weather. You never know where you might be evacuated to, so having extra layers is important. Additionally, it's important to pack a flashlight, extra batteries, and a portable radio to stay informed of the situation.
4. **Don't forget to pack personal hygiene items** such as toothbrushes, toothpaste, and hand sanitizer.
5. **Bring extra cash, important documents** such as passports and insurance papers, and a cell phone with a portable charger.

When disaster strikes, the time to prepare has passed. Having a "Grab and Go" bag ready to go will give you a small peace of mind and allow you to focus on your family.

In the event of an emergency resulting in an evacuation order, we will keep you informed through daily emails and text messages. You can also visit [Conuma ICE](#) for daily updates and the Employee Emergency Check-In Form.

Once you and your family are in a safe location, please complete the Employee Emergency Check-In Form. This will let us know that you are safe (our top priority), allow you to request support and information and provide us with the details we require to plan for a safe and orderly re-entry once the evacuation order has been rescinded.

The Employee Emergency Check-In Form will only be available **during an evacuation order** on the [Conuma ICE](#) page.

Stay Safe – Stay Informed!