



Jefferson County

Robert W. Hamlin, Program Manager

Department of Emergency Management

81 Elkins Road, Port Hadlock, WA 98339
Phone: 360.385.9368 - Fax: 360.385.9376 - jcdem@co.jefferson.wa.us
24 hours: 360.385.3831 (+1)

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List of Recommended SUPPLY ITEMS for Grab and Go BACKPACKS

for the Emergency Preparedness Class for People with Disabilities, Special Needs & Vulnerable Populations

1. Pocket radio/Flashlight
2. First Aid Kit
3. Toiletries-(Shampoo, Toothpaste)
4. Respiratory Etiquette Kit/Hand Washing Magnet
5. Toilet Paper and Plastic Garbage Bags
6. Assorted Ziploc Bags/Large Plastic Bags/
7. Pen and Paper
8. Map of Region
9. Nitrile Gloves
10. Whistle
11. Emergency Blanket (solar reflective blanket) or Sleeping Bag
12. Painter Drop Cloth
13. Duct Tape
14. ¼ Inch Rope
15. Clean white hand towel
16. A pair of Leather Palm Work Gloves
17. Metal cup/can w/fork/spoon for cooking & drinking
18. Whistle
19. ID Tag for your Bag/Backpack in case you are injured or separated
20. List of Supply Items for Backpacks, Safety Plan Form, Emergency Resource Guide

OTHER ITEMS TO INCLUDE IN YOUR BACKPACK:

Extra clothing: Rain jacket, sweater, hat, pair of wool socks
Extra set of keys (house/car)
Out of State contact people (list of addresses/phone numbers)
Lighter/fire-starter,
Card Games,
Sleeping bag,
Personal medications,
Water, food of your own choice
Water Purification Tablets

(There are numerous lists that give other items, however these are some basics that can be carried in your backpack.)