



South Parrett Mountain - Emergency Plan

A Ladd Hill Neighbor Association (LHNA) 501(c)3 initiative
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Form BOB-2019-02-01v1

Bug Out Bag

Emergency Relocation Kit Inventory

*This is a suggested checklist of supplies to have packed in a kit, known as a Bug Out Bag, in case you need to leave your home and relocate to an alternative shelter. Your car is a good place to keep this kit. Pack supplies to last a **minimum of three days, and bring one bag per person.***

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| <ul style="list-style-type: none"> <input type="checkbox"/> 1. Sturdy Backpack <input type="checkbox"/> 2. 100' of 550 Para cord <input type="checkbox"/> 3. 2-way Radio (Preferably one that runs on AA Batteries) <input type="checkbox"/> 4. AA Batteries or others sizes as needed <input type="checkbox"/> 5. Binoculars <input type="checkbox"/> 6. Bug Repellent <input type="checkbox"/> 7. Can Opener <input type="checkbox"/> 8. Cash (minimum of \$100 in ones & fives) <input type="checkbox"/> 9. Cell Phone w/12v Charger <input type="checkbox"/> 10. Clothes (1 complete change of warm clothes) <input type="checkbox"/> 11. Compass <input type="checkbox"/> 12. Comfort – books, cards, games <input type="checkbox"/> 13. Emergency Sleeping Bag <input type="checkbox"/> 14. Emergency Shelter (Tent Tube /Small Tent) <input type="checkbox"/> 15. Feminine Hygiene Products <input type="checkbox"/> 16. First Aid Kit <input type="checkbox"/> 17. LED Flashlight/Headlamp (preferably one that runs on AA batteries) <input type="checkbox"/> 18. Flint <input type="checkbox"/> 19. Folding Saw <input type="checkbox"/> 20. FOOD, "MRE's" (Meals Ready to Eat) Meals that are self-contained and do not require water or heat to prepare. Nutrition Bars in between meals <input type="checkbox"/> 21. Gloves <input type="checkbox"/> 22. Glow Stick, green 12-hour <input type="checkbox"/> 23. GPS Unit, battery operated <input type="checkbox"/> 24. Hand Sanitizer <input type="checkbox"/> 25. Hand Warmers <input type="checkbox"/> 26. Hat <input type="checkbox"/> 27. Knife <input type="checkbox"/> 28. Leatherman Tool <input type="checkbox"/> 29. List of your important contacts | <ul style="list-style-type: none"> <input type="checkbox"/> 30. Map of the area and neighborhood <input type="checkbox"/> 31. Medications – 2 week min. supply <input type="checkbox"/> 32. Mess Kits, Cups, Plates, Utensils <input type="checkbox"/> 33. Mole Skin (for Blisters) <input type="checkbox"/> 34. Pictures of household members and pets <input type="checkbox"/> 35. Poncho / waterproof jacket <input type="checkbox"/> 36. Roll of Duct Tape <input type="checkbox"/> 37. Sewing Kit / Safety Pins – Travel Size <input type="checkbox"/> 38. Shoes, sturdy closed toed shoes & sox <input type="checkbox"/> 39. Soap <input type="checkbox"/> 40. Spare Eyeglasses/Contacts & eye care products <input type="checkbox"/> 41. Sunscreen / Lip Protection <input type="checkbox"/> 42. Toilet Paper and Plastic Bags <input type="checkbox"/> 43. Towel, Wash Cloth <input type="checkbox"/> 44. WATER, minimum six, 20oz bottles <input type="checkbox"/> 45. Water Filter or Lifestraws <input type="checkbox"/> 46. Weatherproof Matches <input type="checkbox"/> 47. Whistle <input type="checkbox"/> 48. All- Weather Notepad & Pen (Rite in the Rain) |
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Important: Refresh food, water, batteries along with clothing and shoes as needed.

Domestic Pets Bug Out Bag

- 1. Pet food
- 2. Medications
- 4. Toys
- 5. Collars and leashes
- 6. Portable kennels, cages, crates, etc.
- 7. Sanitary items (litter for cats, cage liners for dogs, doggie bags, trash bags, etc.)
- 8. Documents – copies of current medical