



Items for a 72 Hour Grab-and-Go Bag

Here is a list of further specified items that need to be within a 72-hour grab-and-go bag (Emergency Kit) such as recommendations for Electronic Items or Seasonal Clothing.

1. **Phone Charger and Battery Bank:** When packing a “Phone Charger and Battery Bank,” please make sure that these can remain separate from your everyday use, meaning left in the bag to ensure that the charger or power bank remains with the Emergency Kit. Most phones currently have a 5000 mAh battery size meaning that a 20,000 mAh battery bank will charge your phone 4 times fully, please consider what size Battery Bank will suit your needs for a 72-hour period, in most cases a 20,000 mAh battery back will last you.
2. **Flashlight:** For flashlights you should choose a flashlight that gives a very bright LED light, that takes batteries rather than hand charged due to charging time issues as well as how long a charge will be held by the flashlight.
3. **Radio:** When purchasing a radio see that it takes the same size battery as the LED flashlight as battery purchases rely on availability, a AA battery may prove more versatile than a AAA battery pack.
4. **Clothing:** Seasonal Clothing will need to be changed dependent upon season temperatures; ideally your 72-hour Grab-and-Go bag will be with you until you are formally set up with other accommodation measures.