

CONTEST for ARBUTUS MIDDLE SCHOOL FAMILIES
BUILDING A GRAB AND GO EMERGENCY PREPAREDNESS KIT
A family PHOTO COMPETITION (raffle prize worth \$100.00)

Deadline June 10, 2018

This can be a great home, family activity.

Create a Grab-and-go Bag

Don't count on being home when there's an emergency. There's also a chance you may have to evacuate your house on short notice. To prepare for these possibilities, create grab-and-go bags for your home, work and vehicles.

What to include:

- ✓ **Food (ready to eat) and water**
- ✓ **Flashlight and batteries, headlamp**
- ✓ **AM/FM radio**
- ✓ **Medication(s)**
- ✓ **Seasonal clothing**
- ✓ **Blanket**
- ✓ **Pen and notepad**
- ✓ **Cell phone charger**
- ✓ **Personal toiletries**
- ✓ **Small first aid kit**
- ✓ **Extra pair of glasses or contacts**
- ✓ **Cash in small bills**
- ✓ **Local map**
- ✓ **Whistle**
- ✓ **Out-of-area contact card**
- ✓ **Copies of important documents, family photos, etc. Consider storing copies on a USB stick**



TIP: Always keep your vehicle's gas tank half full in case you're required to evacuate on short notice. DEADLINE for photo submission is June 10, 2018 ensure your photo has contact information (name, phone number and email) with the submission

SUBMIT YOUR FAMILY PICTURE OF BUILDING A GRAB AND GO KIT at home to Val Neaves neavesbrewer@gmail.com and be eligible for a \$100.00 prize (related to Emergency Preparedness).

Sponsored by your Parent Advisory Committee