

# ***BETter Living ...***

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## **Grab and Go Box**

Are you prepared for a disaster to strike? Recently, the different hurricanes and tropical storms have been in the news. Sometime we may think that it is not affecting us, but we do not know when a disaster could happen. September is National Preparedness Month.

One way to prepare for a disaster is to create a grab and go box. Think of it as a place to keep important documents for your family, home, and life. This box would need to be waterproof and fireproof and you would need to be able to take it with you in the case of an evacuation.

Items to include:

- Identification and other key documents that may be needed to restore financial records, including copies of driver's license, passports, Social Security cards.
- Insurance cards, policies, or other proof of insurance coverage
- Household inventory
- Immunization records
- Bank account numbers, cash
- Front and back copies of debit and credit cards
- Phone numbers and account information for all financial service and insurance providers
- Important telephone numbers (family members, doctors, veterinarians)
- Names and prescription numbers for medications
- Safe deposit box key
- Pocket notebook and pen or pencil

The following items should be in a safe deposit box, but copies should be kept in a grab and go box:

- Family records (birth, marriage, death certificates)
- Will, contracts, deeds, stocks, and bonds
- Titles to vehicles

Create your grab and go box today!

More information can be found online at: [blogs.k-state.edu/preparekansas](http://blogs.k-state.edu/preparekansas) or [www.ready.gov](http://www.ready.gov). You can also contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, [btrieb@ksu.edu](mailto:btrieb@ksu.edu).