IF YOU CAN PACK A GYM BAG, YOU CAN PACK A DISASTER BAG.

Make a workout or disaster bag for every family member.

Gym Bag  ➡️  Disaster Bag

Food & Water
- Water & sports drinks
- Meal replacement bars
- Snacks
- Water & flavored drink mix
- Meal replacement bars
- Snacks

First Aid
- First Aid kit
- Medicine (Rx & OTC)
- Sunblock
- Personal care items
- First Aid kit
- Medicine (Rx & OTC)
- Sunblock
- Personal care items

Comfort
- Change of clothes
- Sweats
- Towels
- Age-appropriate toys
- Change of clothes
- Jacket or sweater
- Sleeping bag
- Age-appropriate toys

Information
- Cash
- Emergency phone list
- Workout plan
- Cash
- Emergency phone list
- Family disaster plan

CITY OF INGLEWOOD
Office of Emergency Services
P:(310) 412-8840  •  E: oes@cityofinglewood.org  
W: cityofinglewood.org

Additional Information on Disaster Preparedness
Please visit these informative websites: