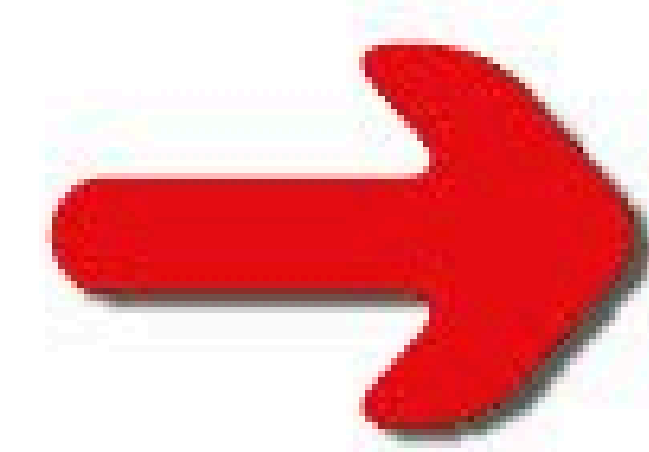


IF YOU CAN PACK A GYM BAG, YOU CAN PACK A DISASTER BAG.

Make a workout or disaster bag for every family member.

Gym Bag

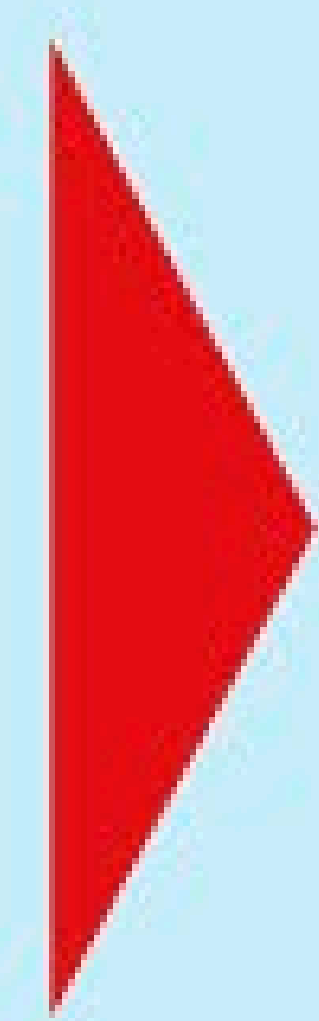


Disaster Bag

Food & Water



- Water & sports drinks
- Meal replacement bars
- Snacks

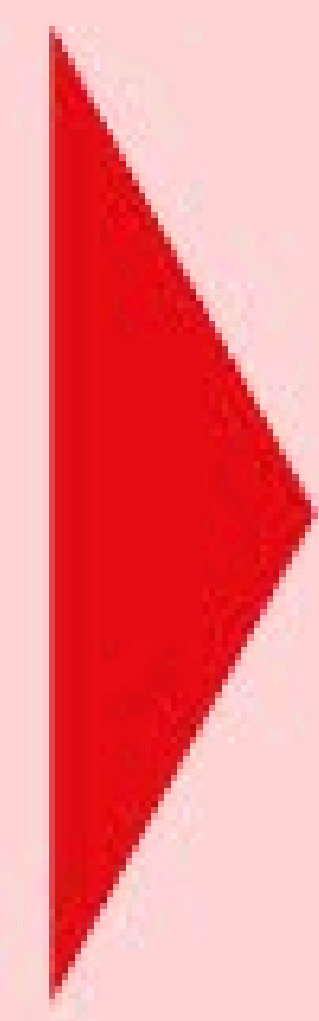


- Water & flavored drink mix
- Meal replacement bars
- Snacks

First Aid



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

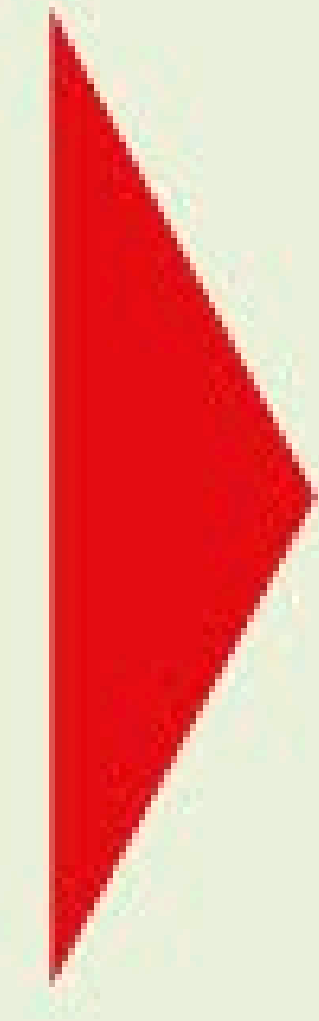


- First Aid kit
- Medicine (Rx & OTC)
- Sunblock
- Personal care items

Comfort



- Change of clothes
- Sweats
- Towels
- Age-appropriate toys

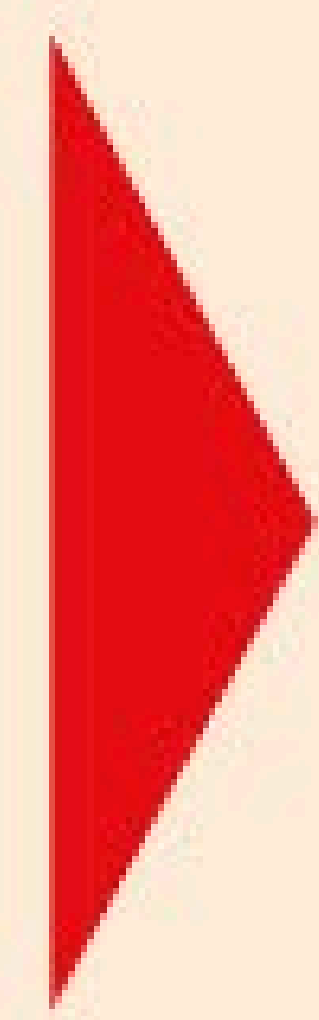


- Change of clothes
- Jacket or sweater
- Sleeping bag
- Age-appropriate toys

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:

<https://www.ready.gov> • <https://www.fema.gov> • <http://www.redcross.org>