READY AT HOME · VOLUME 10

Grab Bags & Kits

72-hour, car, child & pet kits

A 72-hour grab bag for every person
A low-key car bag, plus baby, child and pet kits
Emergency cash, packing, and keeping it all in date



THE SERIES

0 Start Here	1 Just Add Water	2 Power Cuts & Storms	3 Water & Sanitation	4 Cooking & Warmth	5 First Aid	6 Symptoms & Home Care	7 Home Systems & Repairs
8 Fire Safety & Security	9 Communications	10 Grab Bags & Kits	11 Pantry & Stockpile	12 Outdoor Skills	13 Kids, Morale & Wellbeing	14 Offline Knowledge &	15 Other Emergencies

Edition 2 · Nov 2026 · Free at readyathome.info · Emergency: 112 or 999 · Licensed CC BY-NC 4.0: free to copy and share, not to sell.

Contents

1. What a grab bag is for 3

2. Adult 72-hour grab bag 3

3. A low-key car bag 4

4. Emergency cash 4

5. Children, babies & pets 4

Child's bag 4

Baby bag 5

Pet kit 5

6. Car kit 5

7. Keeping kits current 5

Emergency numbers & the series 6

The Ready At Home series 6

1. What a grab bag is for

A grab bag (sometimes called a bug-out bag) lets you leave home in minutes, because of fire, flooding, a gas leak, or being told to evacuate, and look after yourself for about three days. Keep one per person, near the door you'd leave by.

One each
Everyone carries their own. Children's bags are lighter.

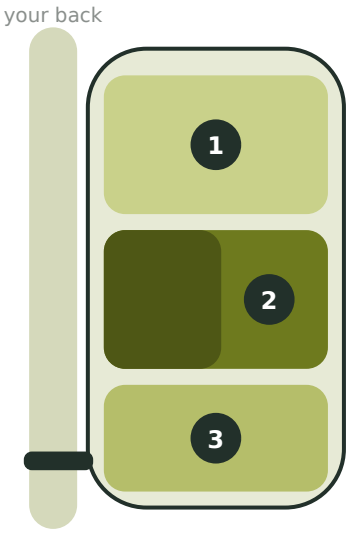
Grab in 2 min
Packed, near the exit, not buried in the attic.

Check quarterly
Clothes fit, food in date, batteries charged (Vol 0).

Plan inside
A copy of your household plan and contacts.

2. Adult 72-hour grab bag

☐ Water: 3 L (bottles) + filter (Sawyer/LifeStraw)	☐ Food: 3 days, no-cook (bars, nuts, meal bags)
☐ Headtorch + spare batteries	☐ Power bank (charged) + cables
☐ Wind-up or battery radio	☐ First-aid kit (Vol 5) + personal medicines (7 days)
☐ Copies of documents + contact card (Vol 9)	☐ Cash in small notes and coins (€100-200, Section 4)
☐ Warm layers, hat, gloves, spare socks & underwear	☐ Waterproof jacket
☐ Foil blanket / bivvy bag	☐ Multi-tool or knife
☐ Whistle	☐ Hand sanitiser, wipes, toilet roll
☐ Toothbrush, toothpaste, period products	☐ Face masks (a few)
☐ Spare glasses / contact lenses	☐ Lighter + ferro rod
☐ Duct tape (wrapped round a pen)	☐ Notebook and pencil
☐ Bin bags (rain cover, seat, toilet)	☐ Spare house and car keys
☐ Phone numbers written down	☐ Small sewing kit, safety pins



1. **TOP:** rain jacket, first-aid kit, headtorch, snacks: things you need quickly.
2. **MIDDLE, against your back:** water, food, stove: the heaviest things.
3. **BOTTOM:** sleeping bag, spare clothes: light and bulky.

Aim for under 10-15% of your body weight.

Figure 1. Packing a backpack: heavy items close to your back and in the middle.

3. A low-key car bag



A plain sports holdall in the boot draws no attention and doesn't look like a 'survival kit' to anyone glancing into the car. It's the bag that gets you home if you're stranded or the roads close.

- Water (2 L) and a few energy bars, rotated every 6 months
- Warm layer, hat, gloves, spare socks, a cheap rain poncho
- Comfortable walking shoes if you drive in work shoes
- Headtorch, power bank and charging cable
- Small first-aid kit, personal medicines for 2-3 days
- Foil blanket, a few hand warmers
- €50-100 in small notes and coins, a paper map of your area
- Phone numbers written on a card

4. Emergency cash

Card machines and ATMs stop working in a power cut or network outage. Shops that stay open may only take cash. A small reserve covers fuel, food and a taxi or B&B; if you need to leave.

Where	How much	Tips
At home	€500-1,000 for a family	Mostly €5, €10 and €20 notes plus coins: nobody can change a €50 in an emergency. Keep it with your documents, in a fire-resistant bag or small safe, not in an obvious drawer.
Grab bags	€100-200 per adult	Split between bags so one loss doesn't take it all.
Car	€50-100	In the car bag, not the glovebox.
With trusted family elsewhere	A sealed envelope	If you have to leave home quickly, money is waiting where you're going. Note it in your plan (Volume 0).

A Faraday bag protects electronics (a spare phone, radio, USB stick with documents) from electrical surges. Cash doesn't need one: a waterproof, fire-resistant document bag is what protects money and paper.

5. Children, babies & pets



A child's own small bag, with a comfort toy and something to do.

Child's bag

- ☐ Their own small backpack
- ☐ Comfort toy or blanket
- ☐ Snacks they like + water bottle
- ☐ Change of clothes, warm layer
- ☐ Torch (fun one) + spare batteries
- ☐ Card with parent names, numbers, address
- ☐ Small games, colouring book, cards
- ☐ Medicines and allergy info
- ☐ Whistle on a lanyard

Baby bag

☐ Nappies (3 days, ~25) + wipes + bags	☐ Formula/ready-to-feed + sterile bottles
☐ Bottled water for formula	☐ Baby paracetamol/ibuprofen (check label)
☐ Spare clothes ×3, hat, blanket	☐ Sling or carrier
☐ Nappy cream, muslins	☐ Small toys, dummy (and spare)

Pet kit

☐ Food (3 days) + bowls	☐ Water (about 50 ml per kg per day for dogs)
☐ Lead, harness, muzzle if needed	☐ Carrier for cats/small pets
☐ Medicines + vet records	☐ Microchip number + photo of pet
☐ Poo bags / litter + tray	☐ Blanket and a favourite toy

6. Car kit

Rural roads can close fast in snow and floods. If you're stuck, it's usually safest to stay with the car. Clear snow from around the exhaust before running the engine, run it about 10 minutes an hour for heat, and open a window slightly while it runs.

☐ Ice scraper + de-icer	☐ Shovel (folding)
☐ Jump leads or jump starter	☐ High-vis vest for each seat
☐ Warning triangle	☐ Torch + batteries
☐ Blanket / sleeping bag	☐ Water + snacks
☐ Phone charger (12 V)	☐ First-aid kit
☐ Tow rope	☐ Tyre inflator / puncture kit
☐ Bag of grit or cat litter (grip)	☐ Wellies or boots
☐ Paper map	☐ Spare fuse set

7. Keeping kits current

Kit	Last checked	Food / water expires	Batteries	Notes

Tips

- Put a date sticker on every food, water and medicine item.
- Swap kids' clothes up a size every spring and autumn.
- Use lithium AA/AAA batteries in kits: they last up to 20 years in storage and work in the cold.
- Don't raid the grab bag for everyday use; if you do, replace it the same day.

Emergency numbers & the series

Service	Number	Use it for
Emergency services	**112 or 999**	Ambulance, Garda, fire, coast guard. Works from any phone, any network.
ESB Networks	1800 372 999	Power cuts, fallen or damaged lines (24/7)
Gas Networks Ireland	1800 20 50 50	Smell of gas (24/7). Call from outside the house.
Uisce Éireann (Irish Water)	1800 278 278	Water outages, burst mains, boil-water notices
HSELive	1800 700 700	Health service information
Public Poisons Line	01 809 2166	Advice if someone has swallowed or touched something harmful (8am-10pm daily)
Samaritans	116 123	Anyone struggling to cope (24/7)
Text About It	Text HELLO to 50808	Free text support (24/7)
Childline	1800 66 66 66	Children and young people up to 18 (24/7)
Your county council	_____	Roads, flooding, local emergency centres
Met Éireann	met.ie / Met Éireann app	Weather warnings

Numbers checked November 2026. Write in your county council's number above, and your own local numbers (GP, out-of-hours doctor, pharmacy, vet, neighbours) in Volume 0.

The Ready At Home series

Vol	Title	What it covers
0	Start Here	Household plan & emergency numbers
1	Just Add Water	Home-dehydrated emergency meals
2	Power Cuts & Storms	Getting through long outages
3	Water & Sanitation	Storing, treating, toilets
4	Cooking & Warmth	Without mains power
5	First Aid	Step-by-step emergency care
6	Symptoms & Home Care	Red flags, minor illness, medicines
7	Home Systems & Repairs	Shut-offs, leaks, storm damage, floods
8	Fire Safety & Security	Alarms, escape plans, extinguishers
9	Communications	Family plan, radios, signals
10	**Grab Bags & Kits**	72-hour, car, child & pet kits
11	Pantry & Stockpile	A 30-day food store you rotate
12	Outdoor Skills	Fire, shelter, knots, navigation
13	Kids, Morale & Wellbeing	Keeping people okay
14	Offline Knowledge & Media	Libraries, maps & media without internet
15	Other Emergencies	Radiation, chemicals, heat, illness, cut off

This series gives general preparedness guidance. It is not a substitute for professional medical, electrical, gas or structural advice, or for a certified first-aid course. In an emergency, call 112 or 999 and follow the call-taker's instructions.

Licence. Ready at Home is licensed under Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0). You are free to print, copy, share and adapt it for your household, community group, school or club, as long as you credit Ready at Home (readyathome.info) and do not sell it or use it for commercial purposes. Full licence: creativecommons.org/licenses/by-nc/4.0.