

May 13, 2013

Living Well

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Creating a Grab-and-Go Box

If you only had a few minutes to evacuate your home, would you have access to the cash, banking services, and the personal identification needed to conduct your day-to-day financial life?

Consider gathering the following items to create a grab-and-go box that can be taken with you at a moment's notice. While the list may seem extensive, the items are meant to help you and your family rebuild, if your home has been destroyed or if you do not have access to your home for an extended period of time.

- *Cash for several days living expenses
- *Rolls of quarters
- *Identification and other key documents that may be needed to restore financial records, including copies of your driver's license, passport, and social security cards
- *Insurance cards, policies, and other proof of insurance coverage
- *Household inventory
- *Immunization records
- *Bank account numbers
- *Copies (front and back) of ATM, debit, and credit cards
- *Phone numbers and account information for all financial service and insurance providers

*Copies of family records (birth, marriage, adoption, death certificates); wills and/or trust documents; durable power of attorney; healthcare directives; stock and bond certificates; recent investment statements; and previous year's federal income tax return.

*Important telephone numbers (family members, doctors, veterinarians)

*Names and prescription number for medications, including glasses

*Computer usernames and passwords

*Safe deposit box key

*Pocket notebook and pen or pencil

It is recommended to keep items in a container that is waterproof and fireproof. It is also important to store your grab-and-go box in a secure location in your home that is easily accessible in the event that you would need to evacuate quickly.

For more information on financial preparedness, contact the Flint Hills Extension District office in Cottonwood Falls at (620) 273-6491 or the office in Council Grove at (620) 767-5136.

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