

GRAB-IN-5 INVENTORY LOG

Medications and important documents. Know what to take — and where it is.

5:00

When seconds count, don't stop to think — grab this list, then the go-bag.
Fill it out now and keep a copy in the cloud.

1 MEDICATIONS & MEDICAL

✓	PERSON	MEDICATION	DOSE & SCHEDULE	RX # / PHARMACY
☐				
☐				
☐				
☐				

MEDS ARE KEPT (room / shelf / fridge)

BACKUP GO-BAG MEDS ARE KEPT

2 IMPORTANT DOCUMENTS

☐ IDs & passports	☐ Insurance policies
☐ Birth & marriage certificates	☐ Deed or lease
☐ Social Security cards	☐ Vehicle titles
☐ Medical & vaccination records	☐ Wills & power of attorney
☐ Bank & account information	☐ Cash
☐	☐

DOCUMENTS ARE KEPT (safe / file / binder)

DIGITAL BACKUP IS AT (cloud / USB)

3 GRAB-BAG QUICK LIST

GO-BAG LOCATION	CASH + SPARE KEYS	CHARGERS & POWER BANK

Print it. Fill it out. Store one copy with your go-bag and one in the cloud — and review it every six months.