

GO BAG-Supporting Document

Place contents of this list in a backpack or other easy-to-carry container/carrier.

Important: keep a copy of this checklist IN your Go Bag

| ITEM | NOTES |
|---|---|
| ▫ Water -1 gal /person/day/ at least 3 days | For drinking and sanitation (Food & Water) |
| ▫ Food -for at least 3 days | Non-perishable— (Food & Water) |
| ▫ Identification & important papers | emergency contact info, Medical history, Financial info (Important Docs; Medical Info) |
| ▫ Radio -battery or hand crank ▫ NOAA Weather Radio -with tone alert battery | Extra batteries for both |
| ▫ Flashlight | Extra batteries and bulbs |
| ▫ Basic First Aid Kit | (First Aid) |
| ▫ Whistle ▫ Light sticks | To signal for help |
| ▫ Dust Mask | To filter contaminated air |
| ▫ Personal sanitation | Moist towelettes, garbage bags, plastic ties |
| ▫ Multi-functional tool | Leatherman, Swiss Army Knife |
| ▫ Local Maps | With elevation preferred |
| ▫ Prescription Medications | 30 days and/or copies of prescription |
| ▫ Eye glasses-Sun Glasses | Back up pair of glasses and/or copies of prescription |
| ▫ Cash, travelers checks and change | Small denominations, rolls of quarters |
| ▫ Emergency Reference Material | Disaster Prep Handbook, Small quality First aid manual |
| ▫ Sleeping Bag/warm blanket -per person | Consider your climate |
| ▫ Personal hygiene/grooming - for at least 3 days | Hair brush/comb, Sm bar Soap, tooth brush, tooth paste, in Ziploc bag |
| ▫ Complete change of clothing - for at least 3 days | Incl: long sleeved shirt, long pants, underwear, socks, sturdy shoes, jackets—consider climate & check sizes |
| ▫ Household chlorine bleach & medicine dropper | Disinfectant—1 part bleach:9 parts water Water Treatment—16 drops bleach:1 gal water Use bleach w/ no scents, color safe, or added cleaners |
| ▫ Matches/lighter | Store in waterproof container |
| ▫ Mess kit | Paper cups, plates and plastic utensils, paper towels |
| ▫ Paper and pencil | Small notepad, box of pens/pencils, and sharpener |
| ▫ Books, games, puzzles & entertainment | Also additional activities and/or crayons for pediatrics |
| ▫ Duct tape | At least one roll |
| ▫ Rope or paracord | |
| ▫ Pair of leather palmed work gloves | |
| ▫ Ziploc bags | Assorted sizes |
| ▫ Extra heavy duty lawn bags | |
| ▫ Travel sewing kit | Include some heavy duty thread, scissors, safety pins |
| ▫ Keys | Copies of keys: car, house, safety deposit box etc. |
| ▫ Emergency rain poncho | One or two per person |
| ▫ Hat | For sun and/or warmth |
| ▫ Emergency blanket | |
| ▫ Special needs | Items for children, elderly, handicapped relatives |