



## Best Practices: How to put together a GO BAG

An emergency GO BAG is literally a grab-and-go bag that is always packed with essentials. The key is to be prepared for any type of event – no matter where you live – with all the basic essentials, documents, supplies, and cash – so you can get up and GO! In a perfect world we would have lots of notice but sometimes we don't.

It should include food and water, first aid supplies, important documents, prescriptions (or copies of the amber vial).

**THE BAG** (backpack, duffle, suitcase)

**Water:** Filtration straw or potable tablets (LifeStraw)

**Food:** meal pouches, energy bars, dry pasta, crackers, dried fruit, oatmeal canned tuna – easy to prepare, nuts jerky, powdered milk, instant coffee, drink mixes, tea bags, sugars and seasoning chocolate, sucking candy, trail mix (nothing that melts), protein meals

**Documents:** if not the originals, copies of your passport, birth certificate, license and social security card, contact lists – at a minimum

**Health Insurance and medical records immunizations and prescriptions**

**Banking/Financial information:** checks, credit cards (copies of)

**Basic Toiletries:** toothpaste and brush, soap, hand sanitizer, body wipes, tissue, toilet paper, feminine products, glasses or hearing aids, and batteries

**CASH** small denominations

**Other Essentials:** Blankets (emergency or cuddly depending on space), local maps, cell phone and charger, spare battery backups, flashlights, batteries, hand crank/solar radios, duct tape, first aid kit.

**Additions:** Maps with evacuation routes noted, tent, sleeping bags, small camp stove and fuel, battery powered fan ground cover, plastic sheeting, tool kit, first aid kit, nonperishable foods, everything in you car ready kit, spare clothing.

**Keep your bag near a door – in the bottom of a closet, garage (if possible), or in your car.**



## Best Practices: Evacuation (1 page backs GO Bag)

- Am I getting this or did you send it already?



## Best Practices: Sheltering in Place

Pay attention to local authorities, they will have the most up-to-date and accurate information

- Sign up for alerts from your town
- Lock windows and doors and keep pets inside
- Tie down any loose furniture outside or bring inside
- Unplug any unnecessary appliances
- Have your supplies located and accessible – duct tape, plastic sheeting, water, food
- Stay at home as much as possible
- If there is a tornado warning go to the basement or a windowless interior room
- Know your risks for different types of events

### Resources: Reunification Apps

[www.life360.com](http://www.life360.com)

[www.bark.us](http://www.bark.us)

[www.mobicip.com](http://www.mobicip.com)

[www.qustodio.com](http://www.qustodio.com)



## Best Practices: First Aid

- Bandages and gauzes of various sizes
- Latex gloves and masks
- Tweezer/tick removal
- Emergency blanket
- Prescriptions/vitamins
- OTC medications – Antihistamine/anti-diarrhea/throat lozenges
- Blood pressure cuff/pulse ox
- Oral thermometer
- Rubbing alcohol wipes
- Hydrocortisone ointment/burn ointment/Aquaphor/Vaseline
- Eye drops/wash
- Cold packs/hot packs/heating pad
- Sling/splints
- Pain relievers (Aspirin, Tylenol Bayer, Motin etc.)



## Best Practices: Household Inventory

Along with photos and video, an accurate, detailed inventory will assist with insurance claims in case your home is damaged or destroyed in a disaster. When possible, assign a value and the approximate date of purchase.

### Dining room

- Table, chairs, extension leaves, and custom pads, centerpiece
- Buffet/china cabinet and contents (including linens and silver pieces)
- Artwork, chandelier and other decorative pieces
- Curtains, shades wallpaper

### Kitchen

- Appliances – microwave, refrigerator, stove, dishwasher, disposal, toaster oven, coffee machines
- Mixers, blenders, air fryers, heating trays etc., TV/radios
- Linens, plates, flatware, serving pieces, art, chandelier and other lighting
- Curtains, shades wallpaper
- Family room/den
- Sofa, loveseat, recliners, chairs, quilts, throws and pillows
- End tables coffee table
- Lamps and light fixtures
- Artwork, décor. Carpets, bookcases and contents, collections
- Electronic, TV/Stereo/computer/soundbars, etc.
- Curtains, shades, wallpaper

### Living Room

- Sofa, loveseat, recliners, chairs, quilts, throws and pillows
- End tables coffee table
- Lamps and light fixtures
- Artwork, décor, carpets, bookcases and contents, collections
- Electronic, TV/stereo/computer/soundbars, etc.
- Curtains, shades wallpaper

*Continued on back*

## Best Practices: Household Inventory

### Bedrooms

- Bed frames, mattress, pillow, linens, decorative items, dust ruffle
- Furniture, artwork, jewelry, luggage
- Electronics, toys, computers, rugs

### Closets

- Clothes, shoes, handbags, luggage, vacuums, bedding, jewelry
- Other accessories – purses, scarves, etc.

### Bathrooms

- Linens, toiletries, medications, OTC contents in Med Cabinet, extra bedding, pillows, makeup perfumes, scales, lighted mirrors, hair and bath products, artwork, shades, decorative items, small appliances (hairdryers, straightener, electric toothbrush, razor), rugs, scales

### Office

- Desk, chairs, sofa, bookcases, printers, computer and other electronics
- Curtains, shades, wallpaper, rugs, decorative items, artwork, collections, safe

### Garage/Basement

- Washer, dryer, freezer, garage door opener(s), sports equipment and machines, bicycles, golf clubs, lawnmower

### Outdoors/Other

- Outdoor equipment – blower, weed-wacker, snowblower, tents, camping equipment
- Grills, firepit, decorative items (pots and flowers)



## Best Practices: Car Preparation

- Full tank of gas/spare keys
- Tool kit/multi tool (Swiss army type)
- First aid kit, pain relievers, medications, prescriptions
- Trash bags
- Cash – small bills and some coins
- Duct tape, masks, latex gloves
- Shovel, sand, windshield fluid
- Oil, tire sealant, jumper cables, flares, WD-40, reflective triangles
- Blanket(s), travel pillow, blow up mattress pad
- Spare sneakers, change of clothes, poncho, rubber boots, mittens, hats, socks
- Water bottles, drink mix, Life straw
- Snacks – granola, energy bars, hard candies, mints
- Compass
- Phone charger, solar phone charger, phone holder
- Window breaker, seat belt cutter, window scrapper and extending brush
- Pad and pens, books, markers
- Bungee cords
- Auto paperwork/contact list of important contact numbers
- Tire gauge, tire inflator (charged), tire sealant
- Flashlight – preferably solar charging and a strobe/headlamp
- Towel, paper towel, toilet paper, wet wipes, plastic bucket (can store items in as well)
- Spare glasses, sunglasses

*Continued on back*

## Best Practices: Car Preparation

- Maps
- Battery charger
- Work gloves
- Small cooler
- Personal items
- Basic toiletries – brush, comb, lip balm, feminine items
- Siphon, empty gas can
- Hat, sunblock, insect repellent
- Emergency blanket, hand warmer packets, emergency sleeping bags, emergency tent
- Light sticks, candles
- Book, handheld games, sharpies, toys
- Zip ties(various sizes)
- Umbrella
- Large duffle(s) for storage of items and/or to attach with bungees to roof



## Best Practices: Communications/Alerts and Warnings

### Communications

- Charged cell phone, tablet, computer
- Air horn
- Whistle
- Battery and/solar and hand crank radio with weather stations and other emergency bands
- Flares
- Pad, pens, pencils, sharpies

### Alerts and Warnings

Receiving timely info in the time of an emergency and knowing when to evacuate is of paramount importance.

IPAWS is FEMA's national system for local alerting that provides authenticated emergency and life-saving information to the public through WEA, EAS and NOAA Weather Radio.

For information on how to add this to you phone, go to: [www.fema.gov/ipaws](http://www.fema.gov/ipaws) or you can go to the app store and download it directly.



## Best Practices: Non-Perishable Food and Equipment

- Instant coffee, tea, sweeteners, powdered cream and sweeteners
- Manual can opener
- Coffee filters, French press
- Honey, sugar packets
- Rice, couscous, rice cakes
- Dried fruits/nuts, berries
- Cooking oils
- Frypan, saucepan
- Granola, granola bars, energy protein bars, seeds
- Paper plates, plastic utensils, napkins, paper towels
- Packaged condiments – mayonaise, mustard, ketchup, salt and pepper
- Grill and propane tank
- Liquid detergent (Dawn)
- Canned meat, fish
- Pre-made camping meals
- Utility knife
- Garbage bags – kitchen and heavy duty
- Plastic wrap, zip lock storage bags, aluminum foil
- Pasta, rice, spaghetti sauce, canned veggies, macaroni and cheese, cereal,
- Peanut butter, jelly, crackers
- Meal replacement powder
- Drink powders
- Salad dressing
- Cookies
- Oatmeal, sugar, cooking oil, white vinegar
- Dried/boxed milk, camping meals
- Water pump, water bottles
- Cup of noodles, Ramen, canned soups



## Best Practices: Personal Hygiene/Sanitation

- Hand sanitizer
- Toothbrush, toothpaste, mouth rinse, dental floss
- Feminine products
- Baby products – diapers, wipes, powder
- Batteries for hearing aids, hearing aids
- Body wipes
- Contact lens solution, extra lenses
- Denture supplies
- Deodorant, razors, body wash
- Eye wash, eyedrops
- Insect repellent, sunscreen
- Lip balm
- Mirror
- Safety pins
- Sunglasses
- Soap, shampoo, conditioner
- Disinfectant spray
- Disposable clothes and towels
- Eyedrops
- Bleach, antiseptic wipes
- Latex gloves
- Garbage bags
- Portable toilet, bucket, toilet paper
- Paper towel and rags



## Best Practices: Safety

- Portable radio – weather/strobe/radios with TV bands and hand crank
- Light sticks
- Emergency blankets, sleeping bags, tents
- Waterproof matches, candles
- Whistle
- Sunscreen
- First-aid kit
- Flashlight and extra batteries
- Hand sanitizer
- Latex gloves, N95 masks
- Walkie-talkie, local maps, evacuation routes
- Safety glasses
- All devices with backup power (solar and battery) charged and loaded
- Solar lanterns
- Head lamp
- Poncho/raincoat



## Best Practices: Water

- Iodine tablet
- Filtering water bottles
- Life straw
- Water bob
- Hand pump for 5-gallon jugs
- Make bags of ice if you have time
- Water storage containers, cases of bottled water

---

### Water Resources

Water bob: [www.waterbob.com](http://www.waterbob.com)

Brita filters/water bottles: [www.brita.com](http://www.brita.com)

Iodine Tablets: [www.aquatabs.com](http://www.aquatabs.com)

Lifestraw: [www.lifestraw.com](http://www.lifestraw.com)

Water pump: [www.briowaterpumps.com](http://www.briowaterpumps.com)



## Best Practices: Documents

Access to your financial and medical information, important documents, accounts and contacts, will be important following a disaster. These records will reduce the stress as you begin the recovery process on a path to resilience.

### Basic:

- Cash
- Birth certificates
- Marriage certificates
- Divorce certificate
- Adoption papers
- Custody agreements
- Passport
- Drivers license
- Social security card
- Green card
- Military service identifications
- Naturalization cards
- Pet ownership papers – pedigree
- House mortgage
- Last Will and Testament
- Prescriptions
- Important numbers contact sheet
- Vehicle registrations
- Photos and household inventory
- Medical records and cards
- Investment information – IRA's, pension, annuities etc.
- Health and dental records
- All credit cards
- List of passwords for accounts

### Better:

- Living Will
- Medical Power of Attorney
- Vehicle titles
- Vehicle tax information
- Loan documents
- Financial obligations – utility bills, store credit cards, student loans
- Alimony and/or child support
- Banking – checking and savings accounts
- Pay stub and other income verification
- Property and vehicle insurance policies
- Life insurance
- Immunization records for each family member
- Employment record
- Medicare/Medicaid information
- VA benefits
- Mortgage and rental agreements
- HOA agreement

*Continued on back*

## Best Practices: Documents

### Best:

- Taxes – federal and state
- Estate planning
- General power of attorney
- Priceless personal mementos
- Completed family photo catalog
- Keepsakes
- Collections
- Jewelry and art,
- Umbrella insurance
- Valuable property insurance
- RV/Boat/Renters or outbuildings insurance
- Flood insurance
- SSID and other disability information and documentation
- Awards, school transcripts, gym membership
- Home repair services
- Pet walkers
- Plumbers HVAC service contracts
- Caregiver contracts
- Social service providers
- School information – contact – tuition bills loan payoffs
- Change of name documents
- Appraisal of property jewelry or collections
- Professional associations and certificates



## Resources: Prepacked Kits

[www.lifetentofficial.com](http://www.lifetentofficial.com)

[www.emergencyprepguy.com](http://www.emergencyprepguy.com)

[www.gotmygear.com](http://www.gotmygear.com)

[www.esafetysupplies.com](http://www.esafetysupplies.com)

[www.bepreparedhero.com](http://www.bepreparedhero.com)

[www.emergencykits.com](http://www.emergencykits.com)

[www.shelllumber.com](http://www.shelllumber.com)

[www.lifetentofficial.com](http://www.lifetentofficial.com)

[www.emergencyprepguy.com](http://www.emergencyprepguy.com)

[www.gotmygear.com](http://www.gotmygear.com)

[www.esafetysupplies.com](http://www.esafetysupplies.com)

[www.bepreparedhero.com](http://www.bepreparedhero.com)

[www.emergencykits.com](http://www.emergencykits.com)

[www.shelllumber.com](http://www.shelllumber.com)



## Best Practices: Resources: General Disaster Preparedness

### Government:

- [www.ready.gov](http://www.ready.gov)
- [www.ovs.gov](http://www.ovs.gov) (office of Victim Services/Federal)
- [www.fema.gov](http://www.fema.gov)
- [www.cdc.gov](http://www.cdc.gov)
- [www.disasterassistance.gov](http://www.disasterassistance.gov)
- [www.samhsa.gov/find-help/helplines/disaster-distress-helpline](http://www.samhsa.gov/find-help/helplines/disaster-distress-helpline) (800 985 5990)

### Non-Profits

- [www.redcross.org](http://www.redcross.org)
- [www.nycares.org](http://www.nycares.org)
- [www.salvationsarmy.org](http://www.salvationsarmy.org)
- [www.unitedway.org](http://www.unitedway.org)



## Resources: Weather Information

[www.weather.gov](http://www.weather.gov)

[www.NOAA.gov](http://www.NOAA.gov)

[www.weatherunderground.com](http://www.weatherunderground.com)

[www.weather.com](http://www.weather.com) (the Weather Channel)

[www.ready.gov/alerts](http://www.ready.gov/alerts)



## Best Practices: Pet Supplies

- Food and water bowls
- Food – 5-day supply
- Blanket, bed, toys
- Cage or carrier
- Grooming supplies
- Leash/harness/collar tag
- Health and vaccinations records
- Microchip ID number (if applicable)
- Poop bags
- Vet name and number
- Addresses of shelters and hotels that accept pets