



How to put together a Go-Bag Checklist

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.