



Go-Bag Checklist

Water

- 1 gallon per person, minimum 3 days
- 2 large collapsible water bottles
- Portable water pouches
- Pump or flexible hose for pouring from container
- Purification tablets
- Water filter
- Water storage containers

Food – Go Bag

- 3-day supply of non-perishable food
- Energy bars
- Keep contents light

Food – Shelter in Place

- 10-day supply of non-perishable food
- Use food from refrigerator and freezer first
- Use whatever is in the pantry
- Gas grill/gas
- Manual can opener

remember to rotate food supply

First-Aid – Basic Kit

- Gauze
- Antiseptic wipes and antibacterial cream
- Bandages and band aids of varying sizes
- EMT-type shears (not just scissors)
- Irrigation syringe for cleaning out wounds
- Tylenol, Ibuprofen, and aspirin

First-Aid – Expanded Kit

- Basic kit, plus
 - Common medications
 - CPR face shield(s)
 - Essential tools
 - Sterile materials for wounds, blisters, burns
 - Splint(s)
 - Supplies for fracture and sprain care
- ***remember to replace supplies every 2 years***

Shelter/Warmth – Go Bag

- Emergency blanket(s)
- Emergency sleeping bag(s)

Shelter/Warmth – Shelter In Place

- Body, hand, and foot warmers
- Ponchos
- Tent with lengthy rope
- Waterproof tarp or sheeting

Personal Hygiene

- Toothbrush/toothpaste/Washcloths
- Dental floss
- Soap
- Bug repellent
- Hand/body lotion
- Lubricant eye drops
- Sunscreen

Personal Supplies

- 1 change of clothes
- 5-gallon bucket toilet seat
- Baby wipes
- Bandana
- Bank card
- Cash in small bills
- Check book(s)
- Contact lens case and solution
- Credit card
- Ear plugs
- Gloves
- Hand sanitizer (e.g., Purell)
- Hat
- Heavy-duty garbage bag
- Important family documents (digital/hard copy) in waterproof, portable container
 - List of meds (prescription/non-prescription), names and prescription numbers
 - Mini sewing kit
- N95 respirator masks
- Pair of nitrile gloves
- Pair of prescription glasses (sun/reading)
- Stool softeners
- Sturdy shoes
- Toilet paper
- Warm jacket

Light

- Headlamp
- Flashlight
- Lantern
- Glow sticks
- Long-burning candle
- Waterproof matches in waterproof case
- Fire starter/disposable lighter

Communication

- Airhorn
- Battery back-up for fiber-optic, home phone
- Battery pack
- Cell phones/chargers
- Disposable batteries
- Emergency radio
- Contact info
- Rechargeable batteries
- Solar charger
- Walkie talkies/CB radio - optional
- Whistle

Tools – Go Bag

- Multi-function tool
- Duct tape
- Local map & compass
- Swiss army knife

Tools – Go Bag and Shelter in Place

- Blue tarp
- Convertible shovel/pickaxe
- Flat pry bar
- Forks, spoons and knives, paper plates & towels
- Hammer
- Lava soap
- Leather work gloves
- Manual can opener
- Pair of dikes
- Pencil & note pad
- Plastic ties and extra bungee cords
- Pliers
- Rags
- Rake
- Rope at least 50 feet
- Safety goggles
- Fire extinguisher

