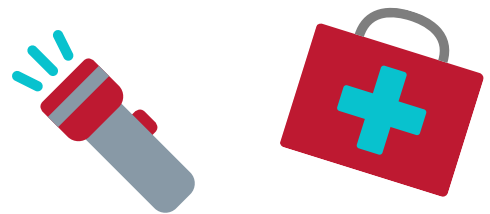
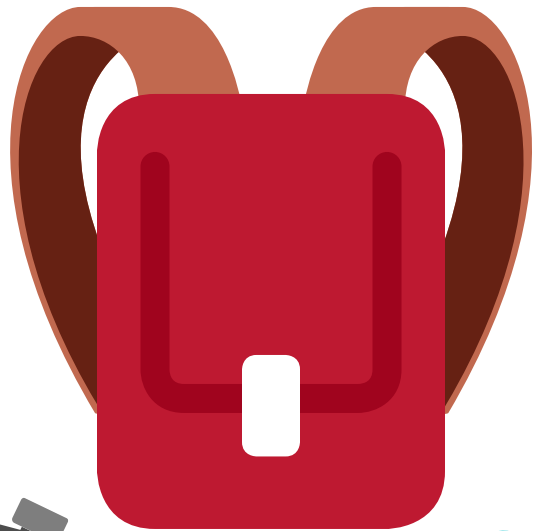


WHAT TO PACK IN AN EMERGENCY GO BAG



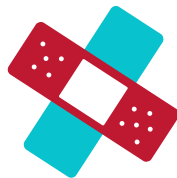
Each member of the household should have their own Go Bag, ready to grab from the back of their bedroom door or in the closet by the front door.



1

FIRST AID KIT

- Bandages
- Antiseptic wipes
- Antibiotic ointment
- Cold pack
- Gauze pads
- 3-day supply of prescription medications
- Advil/Tylenol



2

SAFETY GEAR

- Emergency thermal blankets
- LED camping lantern
- Flashlight
- Whistle
- Dust mask
- Multitool (knife, scissors, etc)
- Flint
- Emergency light sticks



TIP: Revisit your Go Bag once or twice a year to update clothing & shoe sizes, medications, etc.

3

FOOD + WATER

- Water bottle/water packs
- Water purification tablets or Lifestraw
- Protein/granola bars
- Peanut butter or almond butter packets
- Nuts, dried fruit, your fave trail mix
- Beef jerky
- Can opener

6

CLOTHING

- At least 3 days worth of tops, bottoms, underwear, socks
- Waterproof rain jacket or ponchos with hoods
- Pair of waterproof shoes

4

COMMUNICATION

- Handcrank radio
- Cell phone
- Fully charged portable chargers + cables
- Extra batteries
- Laminated emergency contact info sheet

7

EXTRAS

- CASH in waterproof bags/containers
- Duct tape
- Sharpie pens
- Notebook
- Sticky notepads
- Ziplock bags of varying sizes
- Don't forget your pets! Pack dry pet food packets + pet medications.

5

HYGIENE + SANITATION

- Toothbrush + toothpaste
- Bars of soap
- Hand sanitizer
- Feminine products

Place all of these items into durable, lightweight, and weather-resistant backpacks for each member of the household.