

## ITEMS FOR YOUR GO BAG



List of your Emergency Contacts, including a phone number for an out-of-state contact



Three-day supply of medications, & copies of your prescriptions



List of personal medical information & medications, including any drug/food allergies



Bottle of water



Food, snacks, etc. (which will not spoil)



Assistive items needed for eating or drinking (can opener, spoons, straws, etc.)



Flashlight & glowsticks



Extra batteries (for flashlight, hearing aids, etc.)



First Aid Kit



Whistle, horn, beeper or other device to signal for help



Photocopy of personal identification (driver's license, state ID, etc.)



List of model & serial numbers of any personal assistance equipment (pacemakers, hearing aids, communication devices, scooter, wheelchair, batteries, etc.)



Waterproof matches or lighter



Pictures of your family/friends to have with you if you must be away from home



Personal memento/comfort item (stuffed animal, book, etc.), pillow, & blankets



Extra pair of glasses or contact lenses (with cleaning solution), & other vital personal items



Small battery-powered radio with extra batteries



Dust mask



Protective goggles



Small amount of cash, including coins for payphones



Extra set of keys to house, car, etc.



Personal hygiene & toiletry products, including soap/hand sanitizer



Moist towelettes & assorted sizes of re-sealable plastic zipper bags (for storing food, waste, etc.)



Change of socks, undergarments, & other clothing



Pet food, water, meds, & other pet supplies



Vehicle fuel tanks pre-filled



Pocketknife or multi-tool



Rope, duct tape, & other fasteners



Cell phone & charge cord



Any other items you need on a daily basis



Mark your calendar to remind you to check your Go Bag every six months. Replace your medications & snacks with fresh supplies. Check batteries in flashlight, radio, etc. & extra batteries to be sure they are still good!