

How to Create Effective Emergency “Go” Bags

Last updated May 17, 2021

The Basics

- **BE PREPARED** - get a bag packed and ready to grab for everyone in your household before crisis strikes
- **CHOOSE WISELY** - your bag(s) should be durable, quick to grab, & easy to move such as backpack, duffel, wheeled suitcase
- **DON'T OVERPACK** - keep your bag(s) lightweight and easy to carry for mobility and maneuverability
- **ORGANIZE** - keep your bag(s) organized with important and/or frequently needed items at the top
- **DON'T FORGET THE CAR** - always keep an extra emergency bag stored in the car in addition to the ones in your home.

Make sure your garage can be exited during a power failure

Primary Bag

This is your main bag for you or your group.

These supplies can serve the overall needs of your small, immediate family unit.

- OTC Pain, Allergy, Stomach Relief
 - Multi-tool or Swiss Army Knife
 - Leather Gloves
 - Emergency Blanket
 - Camping Toilet or Bags for Waste
 - Solar Phone Charger
 - Manual Can Opener
 - Emergency Telephone Numbers List
 - Duct Tape
 - First Aid Manual
 - Camp Stove + Gas Canisters
 - Portable Radio w/Handcrank or Solar
 - Water Purification Tablets and Tool
 - Antibacterial Soap and/or Sanitizer
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Individual Bag

This is your individual bag that each person in your group should have.

These supplies serve the specific needs of each person.

- Clean Clothes 3 Days, Antimicrobial is Ideal
- Toiletry Kit
- Spare Glasses & Medications
- N95 Masks or Better
- Goggles for Eye Protection
- Flashlight & Headlamp + Batteries
- Bottled Water for 3 Days + Refillable Bottle
- High Protein Food Bars
- Spare Cash
- Fireproof Box With Personal Documents
- MREs and/or Canned or Dry Foods
- Prescription Medications
- Blanket or Sleeping Bag
- Sunscreen

Child Checklist

Children obviously have different needs than other family members.

Here are some things you should consider having packed and ready for your baby or toddler.

Baby

- 20 Diapers
- Full Container of Baby Wipes
- Infant Motrin
- Bottle of Baby Wash
- Burp Cloths
- Baby Blanket
- 6 Onesies
- 2 Pairs of Zip-up Pajamas
- Bottles with Formula
- Baby Water Bottle
- 2 Small Teething Toys
- Infant Cup/Bowl/Spoon
- 3 Pairs of Long Pants
- Some kind of Carrier

Toddler

- 8 pairs of underwear
 - 3 Nighttime Diapers
 - 3 Shirts and Shorts
 - 2 Footed Pajamas
 - 5 Pairs of Socks
 - Spare Shoes
 - 3 Small Hairbows
 - 3 Pairs of Long Pants
 - Washcloth
 - Benadryl
 - Comfort Toy
 - Sippy Cup
 - 2 Small Books
 - Card w/Parent Phone Numbers
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Pet Checklist

CURRENT PHOTOS OF PETS - incase they get lost

NAMETAGS ON PETS - with current phone numbers

CARE INFO SHEET - feeding/meds schedule, medical conditions, list of behavioral issues or concerns, vet contact info incase you need to quickly pass your pet off to a pet sitter

FIRST AID - such as gauze, blunt scissors, medical tape, hydrogen peroxide, tweezers, oral syringe, etc. [aspcapro.org/resource/how-make-pet-first-aid-kit](https://www.aspcapro.org/resource/how-make-pet-first-aid-kit)

FOOD & MEDICATIONS - enough to last your pet a couple of weeks so you have ample time to resupply when you relocate. Dry or canned food preferable so it can last at room temperature.

PET CARRIER - you can store your go bag in or near a pet carrier

OTHER ESSENTIALS - leashes, water bowl, a toy, litter and litter tray, can opener, small supply of treats, towel, etc
