

Emergency go bag checklist



Documents and money

- ◯ ID
- ◯ copies of key documents
- ◯ USB drive with encrypted copies of your documents
- ◯ medical information and a list of medications you take
- ◯ paper list of phone numbers
- ◯ card with the bag owner's details
- ◯ cash in mixed denominations
- ◯ waterproof pouch or bag for documents

Health and first aid

- ◯ medications you take regularly
- ◯ first aid kit
- ◯ disposable gloves
- ◯ antiseptic
- ◯ gauze and dressings
- ◯ bandages
- ◯ adhesive bandages
- ◯ burn dressing
- ◯ tourniquet
- ◯ scissors
- ◯ thermometer
- ◯ spare glasses
- ◯ hearing aid batteries

Water and food

- ◯ bottled water
- ◯ water filter or purification tablets
- ◯ ready-to-eat food
- ◯ energy bars
- ◯ dried fruit and nuts
- ◯ can opener
- ◯ spoon or a lightweight cutlery set

Light and communication

- ◯ flashlight
- ◯ battery-powered or hand-crank radio
- ◯ spare batteries
- ◯ phone
- ◯ charged power bank
- ◯ charger
- ◯ cables that fit your devices
- ◯ backup communication, like walkie-talkies

Clothing and sleeping

- ◯ change of clothes
- ◯ underwear and socks
- ◯ warm layer
- ◯ rain jacket
- ◯ hat and gloves
- ◯ sleeping bag
- ◯ sleeping pad
- ◯ emergency blanket

Hygiene

- ◯ toilet paper
- ◯ wet wipes
- ◯ soap or hand sanitizer
- ◯ toothbrush and toothpaste
- ◯ quick-dry towel
- ◯ menstrual products
- ◯ diapers, if needed
- ◯ trash bags

Small gear

- ◯ pocketknife or multitool
- ◯ lighter
- ◯ whistle
- ◯ printed map of your area
- ◯ notebook and pencil
- ◯ duct tape
- ◯ cord
- ◯ zip-top bags
- ◯ important personal item

For a child

- ◯ caregiver's contact details
- ◯ medical information
- ◯ lightweight water bottle
- ◯ snack
- ◯ small flashlight
- ◯ important personal item

For a pet

- ◯ pet food
- ◯ water and a collapsible bowl
- ◯ medications
- ◯ leash, harness or carrier
- ◯ owner's details on the collar or harness
- ◯ poop bags or pee pads
- ◯ copy of vet records

Listonic

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