GO-BAG CHECKLIST

Whose bag: _____
Last checked: ___ / ___ / _____

One bag for each person, packed for **3 days** away from home. Keep it by the door or in the car. Ages 6 to 10 carry only clothes and a comfort toy; under 6, no bag. Water, food and medicine go in adult bags.

1 Water and food

- [ ] Water bottles 3 liters to carry, one that folds flat
- [ ] Water filter or purifying tablets to make more
- [ ] Food for 3 days no cooking, about 2,000 calories a day
- [ ] Snacks to eat while walking
- [ ] Metal cup or small pot to boil water
- [ ] Spoon and can opener

2 Medical

- [ ] First aid kit
- [ ] Tourniquet a real CAT or SOF-T; take Stop the Bleed
- [ ] 7 days of daily medicines
- [ ] Medicine list name, dose, doctor
- [ ] Spare glasses or contacts
- [ ] Pain, allergy and stomach pills

3 Clothes and shelter

- [ ] A change of clothes for the season
- [ ] Rain jacket or poncho
- [ ] Warm hat and gloves
- [ ] Sturdy shoes and 2 pairs of socks
- [ ] Sleeping bag or warm blanket plus an emergency blanket
- [ ] Small tarp and cord

4 Light, power and news

- [ ] Headlamp or flashlight and spare batteries
- [ ] Phone charger and power bank
- [ ] Radio for weather alerts battery or hand-crank
- [ ] Whistle three blasts means help
- [ ] Family plan on paper out-of-town contact, 2 meeting places
- [ ] Map, compass, notepad, pen

5 Tools

- [ ] Knife or multi-tool
- [ ] Lighter and matches in a zip bag
- [ ] Duct tape
- [ ] Work gloves
- [ ] N95 masks two straps, 2 per person
- [ ] Zip bags, trash bags, toilet bags

6 Papers, money and washing

- [ ] ID, insurance, medical cards, proof of address copies, and photos on your phone
- [ ] Cash in small bills
- [ ] Spare house and car keys
- [ ] Toothbrush, soap, wipes, hand sanitizer
- [ ] Toilet paper
- [ ] Feminine products

7 Our own extras whatever this person needs that isn't listed

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

GO-BAG CHECKLIST

One bag per person.
Pack it, then walk a mile with it.

8 Extra for the people who need it

A Babies and children

- [ ] Diapers, wipes, formula
- [ ] A contact card for every child parents' names, phones, meeting place
- [ ] A favorite small toy or book
- [ ] Snacks they will eat

B Older adults

- [ ] Hearing-aid batteries; cane or walker parts
- [ ] Plan for oxygen or a machine that needs power
- [ ] Cooler pack for medicine kept cold
- [ ] Large-print plan and a medical ID bracelet

C Pets most shelters won't take them

- [ ] Food, water and a bowl for 3 days
- [ ] Leash, collar, carrier; litter for cats
- [ ] Shot records, vet's phone, a photo of you with your pet
- [ ] Medicines and waste bags

D In the car

- [ ] Jumper cables
- [ ] Water, snacks and a blanket
- [ ] Phone charger for the car
- [ ] Tank never below half

9 Who carries what shared things go in one bag only

Name	Bag kept at	Also carries for the family

10 Water and food at home 14 days, for when you stay put

_____ people × 1 gallon × 14 days = _____ **gallons** (plus a gallon a day for each pet)

One gallon a day is the minimum, for drinking and cooking. Plan on two in hot weather or with hard work. Keep 14 days of food you already eat.

11 Check it twice a year when the clocks change

- [ ] Replace food, water, medicine by date
- [ ] Refill home-bottled water every 6 months
- [ ] Change clothes for the season
- [ ] Test lights and batteries
- [ ] Kids' clothes and shoes still fit
- [ ] Everyone can walk a mile with their bag

Know where you would go? WATCHMAN Suite maps your routes out of the area, with a second way if the first is blocked, and the shelters, water and hospitals along them. Works with the internet off. **watchmansuite.com**