



Simple Go Bag

Use a Portable Container that is easy to carry and store. Place where accessible on a moment's notice. Backpacks, day packs, and duffel bags are common. A bucket and lid will store well, carrying might be difficult.

Water

Store 1 gallon per day, per person, at home. Your evacuation pack might have less, so you'll need a means to get more clean water, such as a water filter. Survival pouches pack well and have long shelf life.



Water Filter

Use at home or away. If a boil notice is in effect, use a water filter. Other clear water sources can be filtered. Never use flood water, even with a filter, due to chemical contamination.

Ready to Eat Food

A 3-day supply that does not need to be cooked. Calorie dense, single serving sizes work well.

Review best-by dates every 6 months. Remember disposable utensils are nice





First-Aid kit

Essential items: bandage strips, cold pack, 4x4 gauze pads, bandage tape, compression tape and dressings, antiseptic ointment, hydrocortisone ointment, scissors, medical gloves, note pad and pencil.

Medicine

Keep a pill box already filled with regular medicine. Don't forget glucose meters and test strips. Include a list of medications in your document pouch. Update regularly.



Radio

A battery operated radio. Weather Alert radios are ideal, battery, solar and hand-crank types are available.

Flashlight

Have one flashlight available ready to go. LED lights last a long time on a set of batteries.



Cell Phone Charging. and Extra Batteries

Cellphone backup battery, cable, and wall charger.

Store extra batteries outside of the appliance. Installed batteries can corrode and cause failure. Get extra batteries for the radio and flashlight and store them together.



Whistle

For emergency signal, can be heard much farther than shouting, and attracts attention. Keep one in your safe room, too.

Multi-Tool, Pocket Knife, Can Opener

Handy, if you have a tool be sure it includes a can opener.



Mylar Thermal Blanket

Small size, reflects body heat back to you, some are orange on one side for visibility

Raincoat/Poncho

Protection from the weather. A large, heavy-duty trash bag, with arm cuts and head cut, is effective and cheap in an emergency.



Personal Hygiene and Sanitation

Keeping clean and proper disposal of waste is important in emergency situations.

Have paper supplies needed for women and men. Include sanitary products, toilet tissue, and pre-moistened wipes. Use small garbage bags for disposal of bodily waste.



Sanitizers

Pre-moistened wipes, such as baby wipes for hands, face, and body cleaning, and sanitizing wipes for surfaces and utensils.



Small soaps, shampoos, toothbrushes and toothpaste can help keep clean and healthy.

Important Documents

Copies of Important papers: ID, Driver license, birth certificates, Social Security Cards, Visas, Residence Cards, Passports, and insurance. Consider certified copies of official documents. Include medication list, medicine, dosage, frequency, doctors and clinics. Keep secure in a waterproof bag.



Communication and Reunification Plan

All family members have emergency contact information, names, and phone numbers. Out of state contacts are good if local phones don't work.

COMMUNICATION PLAN		
FAMILY CONTACTS	NEIGHBORS, CHURCH, WORK	MEDICAL, COMMUNITY, SCHOOL

IN CASE OF EMERGENCY	
Full name:	Blood type: Medications:
Nick name:	Allergies/conditions:
Date of birth:	Emergency Contact
Phone (cell):	
Phone (home):	Name:
Street address:	Phone:
City, State/Province, Zip:	Email:
Parent's names:	Relationship to child:

Attach a photo

Other Useful Items

Rope and waterproof matches



Small mess kit cook kit

Change of Clothes



Collecting emergency supplies and assembling an evac pack does not need to be overwhelming. Simply put, to take care of yourself and your family you need food, water, and shelter for three days. Add a few simple items for communication and information and you are prepared. All preparedness items in your “72-hour” kit are also useful at home. These suggestions are the bare essentials, so if you have 2 minutes to get you and your family out, you can grab your kits and go.