

THE GO BAG CHECKLIST

A go bag helps to prevent panic, ensures you don't forget life-saving items, guarantees a minimum of 72 hours of survival essentials, secures your access to critical prescription medications, eyeglasses, basic first aid and protects the information you need to rebuild or access funds later.

To assemble your kit use airtight plastic bags. You can use one or two easy-to-carry containers (plastic bins, duffel bag, backpack) and leave them in a place that is easily accessible when in a hurry to leave.

Water

☐ 1 GALLON PER PERSON/ PER DAY

- Use for drinking and sanitation
- For several days

Take into Account:

- Children, nursing mothers and sick people - they may need more water
- A medical emergency might require additional water
- If you live in a warm weather climate more water may be necessary
- Animals

Electronic Needs

☐ Flashlight & Extra Batteries

Multiple (2 - 3 flashlights or one for each family member) with extra batteries for each

☐ Cell Phone Charger/ Portable Cell Phone Charger

Battery bank or solar charger to keep your smartphone working for emergency alerts and contact with family

☐ Battery-Powered Radio

Extra batteries that fit the radio (can also use a hand crank radio and a NOAA Weather Radio with tone alert

Non- Perishable Foods

☐ High-energy, lightweight items

- Granola Bars
- Protein Bars
- Trail Mix
- Nuts
- Canned food -Ready to eat canned meats, fruits, vegetables (including a manual can opener)
- Dry Cereal
- Peanut Butter
- Dried Fruit
- Canned juices
- Food for infants
- Baby Formula/Bottles
- Comfort/Stress Foods

Personal Items/Clothing

☐ Full change of clothing

- Clothing that is weather appropriate
- Rain gear
- Shoes
- Undergarments

☐ Personal Hygiene Items

- Toilet paper
- Wet wipes
- Toothbrush/Toothpaste
- Deodorant
- Hand sanitizer
- Brush/Comb/Hairties
- Soap
- Disinfecting wipes
- Feminine supplies
- Baby wipes/Diapers/Diaper rash cream

☐ Prescription Medications

An emergency can make it difficult to refill prescriptions, organize and protect your medications to be able to easily gather and go with what you need.

First Aid Kit

☐ For Multiple Family Members

- Absorbent compress dressings
- Adhesive bandages
- Adhesive cloth
- Antibiotic ointment
- Antiseptic wipes
- Aspirin
- Emergency blanket
- Breathing barrier (with one-way valve)
- Instant cold compress
- Non-latex gloves (your size)
- Hydrocortisone ointment
- Gauze roll
- Roller bandage
- Sterile gauze pads (3x3, 4x4)
- Oral thermometer -one-time use(non-mercury/non-glass)
- Tweezers
- Scissors
- Triangular bandages
- Hand sanitizer
- Junior adhesive plastic bandages
- Emergency first aid guide

Miscellaneous

☐ Emergency Cash

Digital payment networks and ATMs may go down during disasters.

☐ Copies of Important Documents

IDs, birth certificates, insurance policies, medical records, emergency contacts, etc. *SEE OUR POSTED "PROTECT IMPORTANT DOCUMENTS

☐ Activities for Children

- Books
- Games
- Puzzles

☐ Pet Items

- A healthy supply of pet food
- Medications
- Vitamins
- Water

- If you have room it is recommended that you include pillows, blankets, and sleeping bags.

- Maintaining your Go Bag is essential so it's ready when needed:
- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your needs change.



Phone: 1-855-204-2569

Email:

disasterlegalservices@nmlegalaid.org