

Building Your Emergency Kit / Go-Bag

Each person or family will have different needs, so the following list is by no means exhaustive. You may not need everything on this list, but hopefully it will be a great starting point so you can customize your own go-bag. It is best to have 3-7 days' worth of consumable supplies such as water and food.

Basic Supplies

- One gallon of water per person or per pet per day
- Non-perishable food
- Manual can opener
- Glasses or contacts
- Hearing aids
- Mobility items (wheelchairs, canes)
- Utensils, cups, and plates
- Sleeping bags or warm blankets
- Change of clothes for each person
- NOAA weather radio
- Battery-powered radio
- Extra batteries
- Flashlights (candles not recommended)
- Tool kit
- Local maps
- Whistle
- Dust mask
- Plastic sheeting and duct tape
- Paper and pencils
- Cell phone and charger
- Medications
- First aid kit
- Toiletries
- Toothbrush and paste
- Garbage bags
- Feminine necessities
- Cleaning supplies
- Extra sets of keys

Personal Information

- Identification
- Medical records
- Property records
- Financial information
- Insurance documents
- Legal documents

Children

- Baby Wipes
- Diapers
- Carriers
- Infant formula
- Toys and games
- Books

Pets

- Identification
- Vet records
- Food and water
- Medications
- Leash
- Harness
- Poop bags/litter
- Crate
- Toys

Put your supplies in something easy to grab and carry, such as a duffel bag, backpack, or suitcase. Plastic tubs are also very useful. Be sure everyone in the household knows where to find your kit.

When each season changes, revisit your emergency kit. Swap out the food and water for fresh supplies, update paperwork, and change the extra clothing for seasonally appropriate items (and for updated fits in case of growth spurts and weight fluctuations).