



Get Prepared



The “Go-Bag”

One component of disaster preparedness is your “Go-Bag”. A Go-Bag is a backpack or other easy-to-carry container that you keep close by in case you must deal with a disaster or other emergency, and have to evacuate to a safe place quickly. Since you might have to be away from home for several days, your “Go-Bag” contents should include not only foods, water and support equipment, but personal comfort items as well.



Many folks keep their “Go-Bag” in the trunk of their car. This is highly practical, as long as you park your car outside and away from structures that could collapse in an earthquake; and provided nothing in it is affected by heat. The items listed are individually very light weight. However, combined, the bag can weigh as much as 20 lbs.- primarily due to weight of liquids.

You should prepare one “Go-Bag” for each family member and make sure each has an I.D. tag. Remember, you may not need to evacuate your home, but be required to stay there for several days without utilities, and unable to get any support by anyone for some time. So you should also have emergency supplies in your home to last at least 10 days (a separate recommended list is available).

Also remember that you might be at work when an emergency or disaster strikes, and you may not be able to get home. So it would be prudent to keep some supplies in a small container at work. Those items should be based on what you would need at work for your immediate safety and comfort until the emergency subsides. Remember, it is far better to have the items and never need them, than to the items in an emergency and not have them. Advance preparedness is key.

Go-Bag Contents:

- Flashlight (waterproof) (LED recommended) with fresh batteries and backup batteries
- AM / FM / Weather radio – battery, solar or windup operated, with earphones (note: a radio that includes shortwave bands is even better)
- Extra Radio Batteries
- Whistle (USCG approved water / storm proof)
- Dust masks & heavy work gloves
- Folding knife (larger blade)
- Emergency survival blanket (metalized polyester “space blanket”) or survival bag
- Emergency / votive / t-light candles with holder
- Matches (windproof/waterproof) in a waterproof container, butane lighter, or other fire starter (hint: a baggie with dryer lint makes excellent kindling)
- Cup, bowl, plate (polyvinyl), knife, fork, spoon (lexan), and water bottle

- Can opener (military fold-up type recommended)
- One climbing-rated spring-gated carabinier and several “mini-biners”
- Stainless steel or polymer mirror
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes (including underwear), and hat
- Local map
- Compass
- Some emergency foods and water:
 - several small bottles of water
 - power bars / granola bars / nutrition bars @ 1200 calories/day/person
 - powdered gatorade, tea bags, coffee bags, sugar packets, salt packets, etc.
 - hard candies & gum
- Reflector arm band or waist band
- First Aid Kit with alcohol wipes, band-aids, anti-bacterial ointment, tweezers, etc.
- Hand sanitizer
- Water purification tablets
- Permanent marker, pen, paper and tape
- Parachute cord (Military Spec) or other strong lightweight rope
- Photos of family members and pets for re-identification purposes
- List of emergency point-of-contact addresses, phone numbers, email, etc.
- List of drug and food allergies (especially antibiotics)
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications, aspirin, ibuprofen, mosquito repellent, etc.
- Feminine items as required
- Small personal rolls / packets of toilet paper
- Toothbrush / toothpaste, safety razor, soap, and shampoo
- Antibacterial soap & container
- Sun screen
- Deck of plastic coated playing cards, paperback book, or other personal entertainment items
- Extra keys to your house, mailbox, and vehicle
- Bandana / hat
- Viscose (quick drying) towel

In-Car Preparedness Items

Some folks keep their Go Bag inside their home with a plan to take it with them if a disaster strikes and they have to leave quickly. Others keep one Go Bag in their home and another in their car. Regardless, your car should also have the following items:

- Flashlight (waterproof) LED recommended, with batteries
- Granola Bars / Power Bars
- Wrecking bar or crow bar
- Folding shovel
- Short-stroke hand saw
- Light weight tarp (10'X10')
- 50 foot rope
- Sleeping bag or polyester blankets (in waterproof bag)
- Tool box with standard hand tools (hammer, pliers, screwdrivers, wire cutters, adjustable wrench, wire, box / open end wrenches, etc.)