



Essential Packing List for Your Emergency Go Bag

FOOD & WATER

- water (at least 2 liters)
- energy bars
- trail mix
- electrolyte packets

HEALTH & SAFETY

- first aid kit
- prescribed medications
- face masks
- hand sanitizer

PERSONAL CARE

- soap
- micro-fiber towel
- toothbrush & toothpaste
- deodorant
- sunscreen
- chapstick
- baby wipes
- tissue packets
- menstrual pads, tampons, cups

CLOTHES

- 2 pairs of underwear, socks
- 1 pair of pants
- 1 long-sleeve shirt
- 1 short-sleeve shirt
- 1 hat

TOOLS

- weather radio (*charged!*)
- power bank (*charged!*)
- LED flashlight
- batteries for flashlight, radio
- phone charger
- mylar blankets
- duct tape
- multi-tool
- whistle or other noise-maker
- cash
- paper maps
- notebook & pens
- photocopies of important documents:
driver's license, passport, insurance
cards, credit cards, and pet
vaccinations (*up-to-date!*)

PET CARE

- leash & harness
- airline-approved pet carrier
- dry pet food
- collapsible pet bowls
- pet waste bags
- disposable litter box kit (cardboard box,
litter, liner bags)