

# Go-Bag Checklist

For: \_\_\_\_\_

**Adult**

Update: January & July

## Essential Items

- Medications
- Extra pair of eyeglasses and/or contacts with lens case and cleaner
- Toothbrush and toothpaste
- Toilet paper (in sealed bag) and other hygiene supplies
- Sunscreen
- First Aid Kit and pocket knife
- N-95 dust mask
- Change of clothes (in vacuumed sealed bag to preserve space and keep dry)
- Raingear and hat
- Energy bars, Nuts, Top Ramen, ready to eat sealed food
- Water bottles (2)
- Head Lamp and/or Flashlight with extra batteries
- 12 hour Glow Sticks
- Extra keys to house and vehicle
- Money in small denominations
- Paper, pens, permanent marker and duct tape
- Plastic bags garbage and sealable
- Important documents in waterproof bag
  - Contact phone numbers
  - Prescriptions for meds

- Important documents on USB stick
  - Copy of passport, credit cards, driver's license,
  - Copy of will, trust, durable power of attorney,
  - Copy of financial account numbers
  - Copy of deeds
  - Copy of insurance policies: home, auto, life
  - Copy of birth, marriage, and death certificates, adoption papers, military discharge
  - Auto registration/ownership papers
  - Inventory and pictures of home and valuables

## Grab On The Way Out The Door

- Wallet/Purse containing credit cards, medical insurance card, driver's license
- Mobile phone and charger

## Optional Items (Do Not Overload Bag)

- Prepaid mobile phone
- Radio, battery or crank
- Warm jacket
- Extra pair of walking shoes
- Hearing aid batteries
- Razor
- Gloves and non-latex gloves
- Lightweight blanket
- Leatherman style tool

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