







Go-Bag Emergency Checklist




Documents and Money

-  Copies of ID and important documents (passport, driver's license, insurance)
-  Cash (small bills) and backup credit/debit card
-  Emergency contact list (printed)
-  Medical records, allergy info, prescription list





Food and Water

-  At least 1 liter of water per person per day (3-day supply)
-  Non-perishable snacks (energy bars, canned food)
- Reusable utensils and manual can opener




Clothing and Warmth

-  Change of clothes (underwear, socks, shirt, sweater)
-  Raincoat or windbreaker
-  Hat and gloves (for cold weather)
- Sturdy walking shoes





Hygiene Supplies

- Toothbrush and toothpaste
-  Wet wipes and toilet paper
-  Hand sanitizer and soap
-  Towel and comb
-  Feminine hygiene products


First Aid Kit

-  Pain relievers and fever reducers
-  Personal medications
- Band-aids, antiseptic, gauze
-  Anti-allergy meds and burn cream
- Face masks and disposable gloves

Communication and Navigation

-  Phone charger and power bank
-  Flashlight with batteries or hand crank
-  Battery-powered or solar radio
-  Local map and compass

— Safety Tools

- Multi-tool or pocket knife
-  Lighter or waterproof matches
- Needle and thread, duct tape

- Whistle for signaling
- 🧴 Pepper spray (optional)

👶 **For Children (if applicable)**

- 🍼 Baby food and bottle
- Diapers and wipes
- 🧸 Blanket and comfort toy
- 👕 Extra baby clothes

🐾 **For Pets (optional)**

- 🐾 Pet food and bowl
- 🦮 Leash or carrier
- 💊 Pet medications

🧰 **Other Essentials**

- 🧰 Emergency blanket (space blanket)
- 📓 Notebook and pen
- ❄️ Cold pack or heat pack
- 👜 Plastic or waterproof bags

Tip: review and refresh your go-bag every 3–6 months (food dates, meds, power bank charge).