



Emergency Preparedness Go-Bag

The obvious sometimes must be stated: Go-Bags must be prepared BEFORE an earthquake, wildfire or other natural disasters. Here is a list of the essential supplies. Prepare for 3-7 days.

- Water – One gallon/person/day (3 day supply)
- Food – non-perishable (3 day supply)
- Clothing (3-5 day supply)
- Child/Baby supplies (bottles, formula, baby food, wipes, diapers, games, toys, etc.)
- Pet supplies (3 days of food, collar, leash, ID, carrier, bowl)
- Medications (7 day supply)
- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane, etc.)
- Sanitation and personal hygiene items (shampoo, conditioner, soap, toothbrush, toothpaste, etc.)
- First aid kit
- Flashlight
- Battery-powered or hand-crank radio tuned to a local news channel
- Extra batteries
- Cell phone and charger
- Two-way radios
- Extra cash, (Credit/ATM Debit cards may not work if not power)
- Emergency blanket
- Maps of the area and predetermined place to meet loved ones
- Multi-purpose tool with a can opener
- Extra sets of car keys and house keys

Certain documents should be carried in your Go-Bag, stored away from the home and copied to the cloud:

- Family and emergency contact information
- Copies of important documents (medication list, medical info, proof of address, deed/lease to home, bank, IRS, trust, investments, passports, birth certificates, insurance policies, etc.)
- Inventory of home contents. Consider making a list, utilizing your home-inventory app, or videotaping prior to an emergency (helpful for insurance claims)
- Photographs of the exterior of the house and landscape
- Ensure you have a picture of your animal in case they are lost during a natural disaster
- Computer back-up files, posted on the cloud or saved on a thumb drive

Before power outages: Charge all electronic devices, fill refrigerators and coolers with ice, fill gas tanks, switch automatic garage door opener to “manual”, and check-up on your neighbors. Once the power is out: Unplug or turn off appliances, equipment, and electronics to avoid damage due to surges when the power is restored, leave a single lamp on to alert you when the power returns, then, turn your appliances on, one at a time.

Time permitting, gather family heirlooms, photo albums, and videos.

Here are some additional resources:

Putting together your GO BAG

[How to Prepare Yourself for Fires, Smoke and Health Hazards](#)

https://www.shakeout.org/downloads/Guide_kitconcentration.pdf

<https://www.neha.org/node/60181>

<https://www.readyforwildfire.org/>

<https://theprepared.com/>

Helping the sick get well and the healthy excel!