



Emergency Go-Kit

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This kit is intended to be portable so that if you have to evacuate, you have the basics that you need to survive for 3 days. We often leave our emergency go-kits at home, so think about and plan for an evacuation from your work if you are unable to return home.

A few more details on the Emergency Go-Kit items.

ABSOLUTE NECESSITIES

- Water** - a couple of bottles of water and an empty container. You will need one gallon per person per day for at least 3 days but since you won't be able to store that amount in this go-kit, you should include an empty container you can fill.
- Medicine** – make sure you have your medicine with you. Ask your doctor & insurance company if you can get an extra refill to keep in your emergency go-kit. Make sure that you rotate it so it doesn't get old.
- Cash** – Your ATM or credit card may not work, checks may not be accepted. We collected one dollar bills for a couple of months until we had \$200. Smaller bills are easier to use than \$20 bills. We say cash is a necessity because you can buy almost everything else.

REALLY GOOD IDEAS

- Food** – You will need to stock more food in your home kit, but for your go-kit, we put 9 snack bars that can withstand warm temperatures. There is nothing worse than gooey chocolate pooling at the bottom of the bag. We also put meal replacement drinks so we are getting both water and food plus some vitamins. Why isn't food a necessity? Because you can go without food for several days.
- First Aid Kit & Guide** – you can purchase one or make your own. Look on-line for a list of items.
- Radio & Flashlight** - We didn't include batteries, because we suggest you go with solar powered and wind-up equipment. One less thing to check and replace. But if your equipment needs batteries, make sure you add some extra batteries to your go-kit. Check them routinely.
- Whistle** - The whistle is intended to help you call for help without going hoarse.
- Mask & Gloves** - We add a nuisance dust mask, a surgical mask and nitrile or vinyl gloves.
- Hand Sanitizer** - (make sure it's at least 60% alcohol). Hand hygiene is especially important in protecting your health. Since you may not be able to use soap and water, pack a container of hand sanitizer and maybe even some sanitizing towelettes.
- Toilet Paper & facial tissues** - You can never go wrong with adding toilet paper to your go-kit.
- Personal toilet articles & needs** - pack an emergency version of a travel kit to include tooth brush and paste (many things can be handled if you have a fresh mouth in the morning), deodorant, lotion, soap, shampoo, comb/brush, contact solutions, shaver, feminine hygiene products and anything else you can think of that can fit in the kit. Keep the items small, travel size, but add luxuries. We've added specialty lotions and lemon or cinnamon flavored toothpaste to our own go-kits.
- Important papers & documents** - Keep your important papers safe, whether it's at home or in an off-site safety deposit box. Think flood as well as fire damage. You might want to create a **Take Your PIC** notebook to add to your go-kit. Make copies of birth & marriage certificates. Create a list of contact information for bills & accounts.

NICE TO HAVE

- Change of clothing** - add a change of clothing if you have room. If you don't have much room, maybe some underwear and a pair of socks. Again there is a feeling of civilization if you have a clean pair of your own underwear available.
- Extra pair of glasses** - when you get a new pair of glasses, keep the old pair for your go-kit.
- Pencils, pens, games, paper** - this is intended to keep you entertained. If you have to evacuate, you won't have your normal routine to keep you occupied. If you have kids, they will definitely need something to play with, so add a crossword book, sudoku or a deck of cards, and paper to write on.

