



EMERGENCY GO-BAG CHECKLIST

SHELTER/LAYERS

- ☐ Small, lightweight tent, tarp, space blanket
- ☐ Insulated/weather-appropriate sleeping bag
- ☐ Poncho or waterproof jacket and pants
- ☐ Hand warmers, hat & gloves
- ☐ Extra clothes (one change of clothes/person)
- ☐ Sturdy shoes/boots for long distances

WATER & FOOD

- ☐ 1 gallon of water/person/day (3-day supply)
- ☐ Durable water filtration system
- ☐ Lightweight water purification tablets
- ☐ Stainless steel water bottle (can use as pot)
- ☐ Collapsible water bottle
- ☐ Electrolyte packets or supplements
- ☐ Non-perishable food (freeze-dried, canned, protein powders, dried fruit, nuts)
- ☐ Collapsible stove with fuel tabs
- ☐ Meal-replacement bars/high-energy snacks

NAVIGATION

- ☐ Map & road atlas of your local area or region
- ☐ Backup GPS device or portable GPS
- ☐ Whistle with a built-in compass

PERSONAL DOCUMENTS

- ☐ Driver's license, passport & other IDs
- ☐ Laminated/photocopied duplicates of IDs
- ☐ Insurance & legal docs
- ☐ Cash
- ☐ Waterproof pouch or folder

BARTERING ITEMS

- ☐ Cigarettes & mini bottles of alcohol
- ☐ Sugar, instant coffee & high-value spices
- ☐ Durable goods (batteries, duct tape)

CAR ITEMS

- ☐ Gasoline
- ☐ Fire extinguisher
- ☐ Power inverter

FIRST AID & HYGIENE

- ☐ First aid kit (bandages, gauze, tourniquet, splints)
- ☐ Personal med with instructions & dosages
- ☐ Herbal remedies & tinctures
- ☐ Sanitizing items
- ☐ Hygiene kit (toothbrush, toothpaste, tissues, feminine hygiene products, etc.)
- ☐ Disposable face masks

COMMUNICATION

- ☐ Fully charged phone with apps, contact numbers & emergency services info
- ☐ Backup phone with an extra SIM card
- ☐ International communication apps
- ☐ Printed emergency contact list
- ☐ Pre-charged power bank or solar charger
- ☐ Hand-crank or battery-powered radio
- ☐ Satellite phone, walkie talkies, beacon
- ☐ Signal mirror or flare for emergencies

TOOLS/EQUIPMENT

- ☐ LED flashlight, headlamps, rechargeable lantern.
- ☐ Fire starter kit, emergency fuel canister
- ☐ Multi-tool, handsaw, foldable shovel, axe
- ☐ Large roll of duct tape, sewing kit, rope/paracord
- ☐ Whistle, pepper spray or self-defense tool, reflective vest or tape, goggles/glasses
- ☐ Biodegradable trash bags
- ☐ Lightweight solar panel

GROUNDING & CREATIVE ITEMS

- ☐ Book or journal with pencil/pen
- ☐ Compact crafting tool & art supplies
- ☐ Portable deck of cards or small board game
- ☐ Small fidget tool or stress ball
- ☐ Portable music player with soothing tunes.