

75+ ITEMS YOUR EMERGENCY GO-BAG MUST HAVE

*Don't Be Caught Unprepared.
Build the Perfect Evacuation Kit For
Your Family's Needs and Be Ready
for the Unexpected*



THREE MOUNTAINS
SAFETY & SURVIVAL



Imagine you and your family just received the order to evacuate your home. You have 20 minutes to grab the supplies you need and hit the road - no more.

What would you pack? Would you trust yourself to wrangle the kids, kennel the pets, gather important documents, locate needed medications, and pack your bags without forgetting anything?

Can you do it with a disaster barreling down on you?

Across the globe, families are faced with this very question every day and are forced to decide what to take and what to sacrifice as they scramble to outrun water, mud, fire, and other natural and human-made disasters.

Having an emergency go-bag packed and ready eliminates some of the stress of last-minute evacuation and can provide you with one less thing to worry about when the world comes crashing in.

Whether you use a commercially prepared bag as your foundation, or grab an extra pack from around the house and fill it with items you already have on hand, use the information you find here to build the perfect kit if you and yours need to bug-out in a hurry.

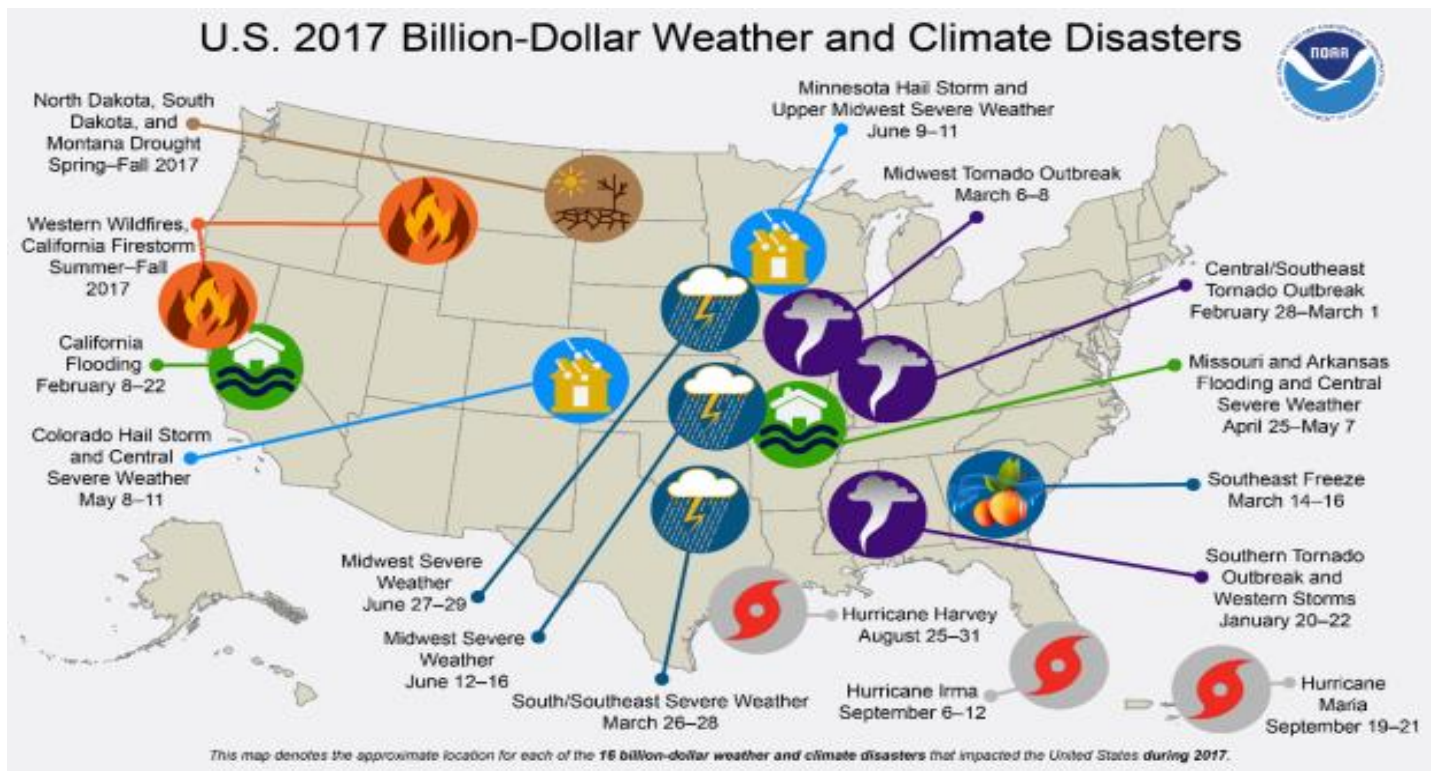


KNOW THE BASICS:

Before you start packing your emergency bag, it's important to understand the types of emergencies you could be facing, so you can plan accordingly. Depending on your region and the time of year, your natural risks could include:

- **WILDFIRE**
- **FLOOD**
- **HURRICANE**
- **STORM**
- **EARTHQUAKES**
- **VOLCANIC ACTIVITY**
- **TORNADOES**
- **FREEZE**
- **SEVERE DROUGHT**

On top of the natural perils you may face, there is also the possibility of human-made disasters, such as house fires, burglary, automobile accidents, medical emergencies, power outages, and more. In 2017 alone, relief organizations responded to 335 natural disasters and hundreds of preventable incidents that cost billions of dollars and took thousands of lives around the globe.



Creating an emergency plan and having a well-packed, accessible evacuation bag will not only give you peace of mind, it will also help prevent you from becoming a statistic in the process.

And, with a plan in place before disaster strikes, you'll be able to devote more time to taking care of the essential things, and less time dealing with trivia.

No matter how you look at it, preparing just makes good sense.

BASIC EQUIPMENT: THE FOUNDATION OF YOUR SURVIVAL GO-BAG

Regardless of your geographical location, there are certain tools every adult's emergency go-bag should possess. These are:

- **KNIFE and SHARPENER**
- **FLASHLIGHT**
- **DUCT TAPE**
- **MULTI-TOOL**
- **PLASTIC SHEETING**
- **EYE PROTECTION**
- **DUST MASK**
- **BLANKETS (foil and standard)**
- **SCISSORS**
- **SEWING KIT**
- **WHISTLE**
- **ROPE/PARACORD**
- **WORK GLOVES**
- **SHOVEL**
- **COMPASS**
- **TUBE TENT**
- **PONCHO**
- **SIGNALING MIRROR**
- **WRITING TOOL AND PAPER**
- **PENCIL SHARPENER**
- **PLASTIC TUBING**
- **TARP**
- **COMPACT FINGER SAW**
- **CAN OPENER**
- **STEEL WOOL**
- **ZIP TIES**

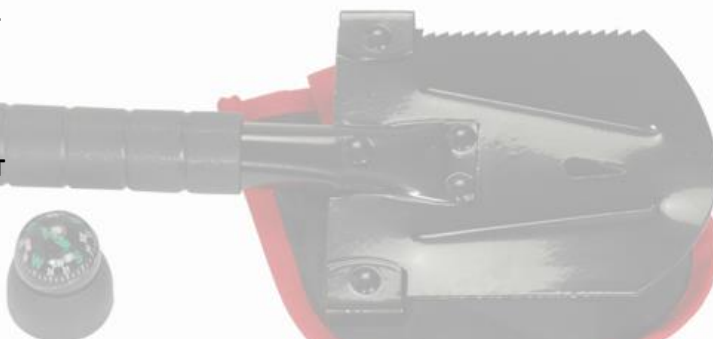


You can get compact versions of these tools at most any outdoor stores or choose from the tools you already have available in your home. It doesn't matter where the tools come from, only that you have them available and well organized so when you need them, you can get to them in a hurry.

SPECIALTY TOOLS FOR UNIQUE CIRCUMSTANCES

For some, specialty tools are also needed to help deal with individual situations you may encounter during an emergency evacuation. Consider your circumstances to determine if any of the following items could benefit you:

- **GAS SHUT-OFF TOOL**
- **HATCHET**
- **SNAKE BITE KIT**
- **BEAR SPRAY**
- **FISHING EQUIPMENT**
- **STUN GUN**
- **BUCKETS**
- **PRYBAR**
- **HAND SAW**



Most of the tools listed above are compact enough that, even if you don't think you'll need them, they won't hurt to pack anyway. You never know when you'll find yourself in a position to need it.



HEALTH AND HYGIENE

In the movies, you can always spot the people dealing with a disaster – they're filthy and unkempt. Not only does this give people a bad impression of how they should behave if things go sideways, but it also sets a dangerous precedent for survival behavior. In reality, maintaining yourself and your immediate area not only helps to keep you and your fellow evacuees healthy but taking control of your environment and adding a bit of normalcy to an otherwise stressful situation can help stave off depression and fear.

When packing your emergency go-bag, be sure you include ALL the following items, regardless of your gender or the sex of the people in your party:

- TOOTHBRUSH
- TOOTHPASTE
- DENTAL FLOSS
- TISSUE
- TOILET PAPER
- WET WIPES
- TAMPONS
- FEMININE NAPKINS
- SOAP
- SHAMPOO
- MOUTHWASH
- RAZOR



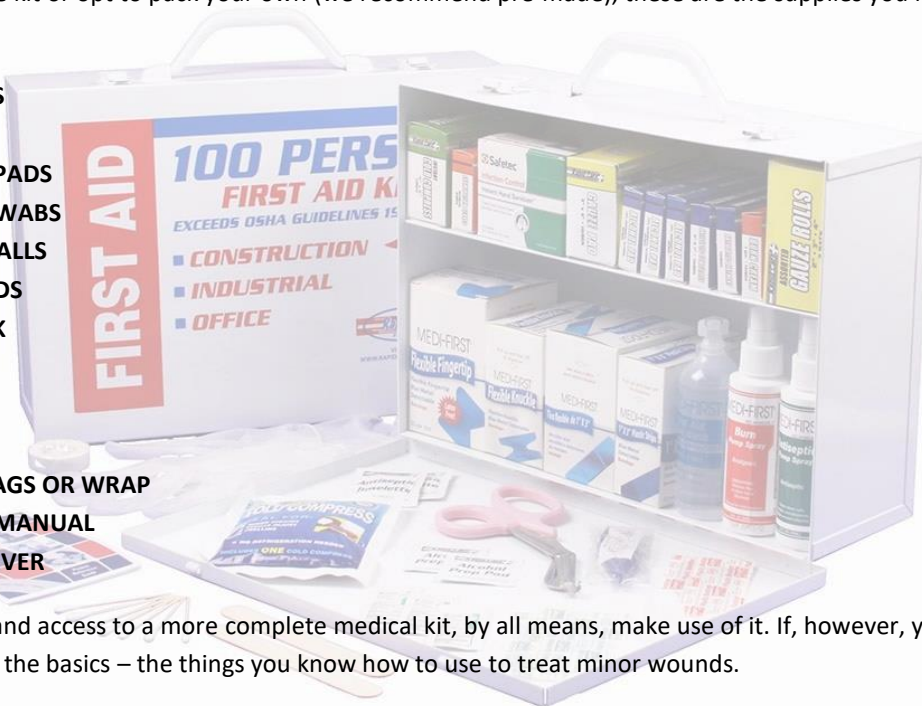
Each of these items have uses beyond merely keeping you clean and comfortable, including wound treatment, repairs on the fly, and keeping insects at bay.

FIRST AID

No emergency bag would be complete without a well-stocked first aid kit. While you might be tempted to pack everything in the medicine cabinet, we recommend keeping things light – after all, you will have to carry all these supplies on your back if you're forced to evacuate.

Whether you buy a pre-made kit or opt to pack your own (we recommend pre-made), these are the supplies you MUST have to handle most emergencies:

- BANDAGES
- TAPE
- ALCOHOL PADS
- COTTON SWABS
- COTTON BALLS
- GAUZE PADS
- COLD PACK
- TWEEZERS
- SCISSORS
- SPLINTS
- PLASTIC BAGS OR WRAP
- FIRST AID MANUAL
- PAIN RELIEVER



If you have first aid training and access to a more complete medical kit, by all means, make use of it. If, however, you have little to no training, just worry about the basics – the things you know how to use to treat minor wounds.

FOOD AND WATER

FEMA and other organizations recommend packing at least three days' food and water supply in an emergency. How much that adds up to depends on whether you're sheltering nearby, or you'll need to hike to a shelter some distance away. In general, these are the supplies one person will need to survive and remain healthy for three days' time:

- **3 GALLONS OF WATER (or the ability to filter that amount)**
- **4,500 – 6,000 CALORIES OF FOOD**
- **WATER BOTTLE**
- **PORTABLE STOVE**
- **STOVE FUEL**
- **UTENSILS FOR EATING**
- **WATER PURIFICATION STRAW OR TABLETS**

Ideally, your location should have these supplies for every evacuee, but the reality is, most won't. If you and your family are to remain healthy and safe in an emergency, it's essential to assume that where you're going won't have enough food and water, and you'll have to bring it in yourself.

COMMUNICATIONS

Staying connected to your community will help you remain informed about available services, changing conditions, and ongoing issues to avoid. This was once a challenging prospect but, thanks to the availability of cell networks, radio towers, and short-wave portable radios, it's easier than ever to stay connected in an emergency. Your pack and the packs of everyone in your party should include at least one each of the following:

- **CELL PHONE**
- **WATERPROOF CELLPHONE CASE**
- **EXTERNAL BATTERY**
- **CELLPHONE CHARGER**
- **HANDHELD RADIO**
- **ALKALINE BATTERIES**
- **LIST OF EMERGENCY NUMBERS**
- **WALKIE-TALKIE**
- **SOLAR CHARGER (optional but very useful)**

Most of these items are small and won't take up much space in your pack and could prove essential to your life and sanity if things go bad.

ENTERTAINMENT

When planning for a disaster, the last thing on most of our minds is entertainment but, in spite of what disaster movies would have you believe, you'll spend much more time sitting around than you will running for your life. To make the experience more bearable, pack a few of these items to keep your mind off the wait:

- **PUZZLE BOOK**
- **DECK OF CARDS**
- **READING MATERIAL**
- **PENCIL AND NOTEBOOK**
- **MINI GAMES**

Try to avoid devices that require batteries, since those will be needed for your communications devices. If you're artistic or traveling with kids, you can even include some markers to decorate the foil blankets you should have in your kit. This extra activity will give them something to do, make your space homier, and make you easier to find in a shelter crowd.

IMPORTANT PAPERS AND PHOTOS

If you're forced to evacuate in a hurry, you probably won't have time to seek out all your family's important papers and photos. In fact, you'll be lucky to get out with your bag in some situations. To make sure you have the critical information you need – as well as those irreplaceable memories you cherish, we recommend scanning all your family photos and important documents including:

- **DRIVER'S LICENSE**
- **BIRTH CERTIFICATES**
- **PASSPORTS**
- **MARRIAGE CERTIFICATE**
- **DIVORCE PAPERS**
- **PROFESSIONAL LICENSES AND CERTIFICATIONS**
- **TAX PAPERS**
- **MEDICAL INFORMATION**
- **DIGITIZED PHOTO ALBUMS**



Keep these papers in your bag on an encrypted, password protected SD card or USB drive, so you'll have them when you need them, but they'll still be safe from prying eyes.

SPECIAL MEDICAL CONSIDERATIONS

If your family, like so many others, has medical issues to consider, now is an excellent time to create a plan to deal with them in the event of an evacuation. Any plan for medically fragile evacuees or those with special sensitivities should include the following information:

- **DETAILED INFORMATION REGARDING THE EVACUEE'S MEDICAL CONDITION**
- **EXTRA MEDICATIONS (if you cannot store your meds in your go-bag, keep them well packaged and easy to grab)**
- **CONTACT INFORMATION FOR THE EVACUEE'S PHYSICIAN/MEDICAL GROUP**
- **DETAILED CARE PLAN FOR THE EVACUEE IN CASE YOU BECOME SEPARATED**
- **CONTACT INFORMATION FOR THE EVACUEE'S CAREGIVER (you)**
- **MEDIC ALERT JEWELRY**

While providing most of this information would turn a HIPAA attorney's hair white, it could make a huge difference in the level of care your loved one receives in the event of an emergency evacuation. If emergency personnel know, for example, that you or someone in your party has diabetes, they can provide you with emergency nutrition and get you someplace safer and more comfortable than the standard shelter, if available. That knowledge will also keep them from providing medical assistance that could cause harm, as well as preventing misdiagnosis based on symptoms EMS could take out of context.

And, if you have a child with food allergies who becomes separated from you, a detailed plan will help rescuers care for them and ensure that a frightening situation isn't made worse by their ignorance.

This information will be used only in the event that you and your loved one are separated, and they need urgent care from a first responder during the evacuation. If this happens, privacy rights will be the least of your concerns.

EVACUATING WITH CHILDREN AND PETS

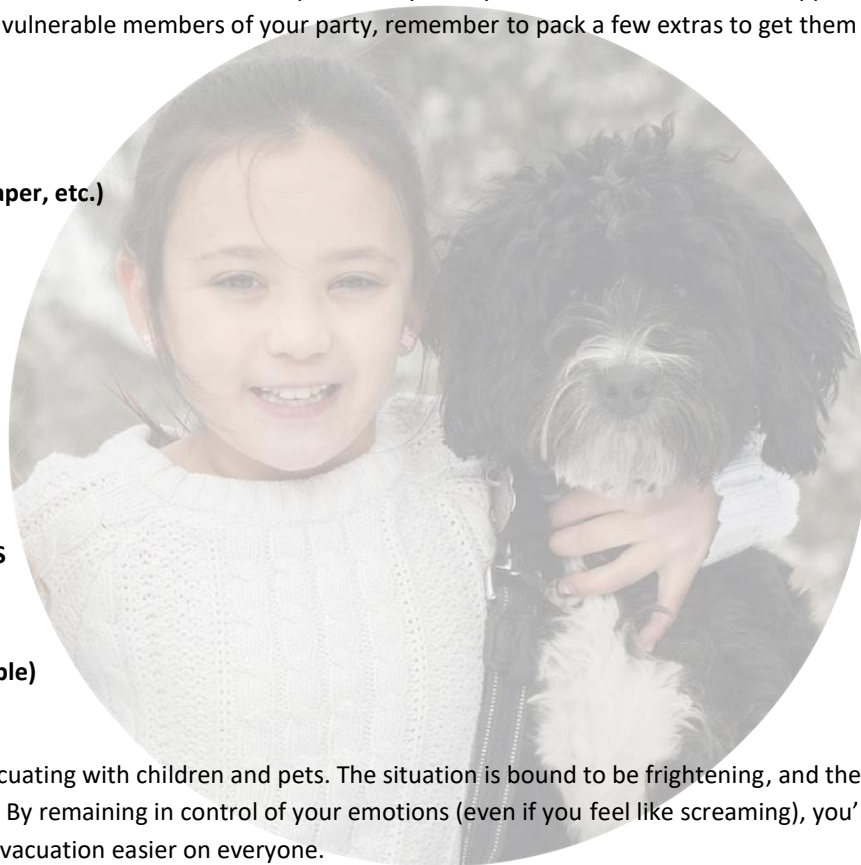
Small children and pets can make an already stressful situation worse – particularly if they don't understand what's happening. When preparing a bag for the smaller, more vulnerable members of your party, remember to pack a few extras to get them through until things get back to normal.

FOR CHILDREN

- **ART SUPPLIES (crayons, paper, etc.)**
- **FAVORITE STORYBOOK**
- **COMFORT OBJECT**
- **SOFT BLANKET**
- **PILLOW**
- **FAVORITE TOY**

FOR PETS

- **FOOD AND WATER**
- **FOOD AND WATER DISHES**
- **KENNEL**
- **SOFT BLANKET**
- **WEIGHTED VEST (if available)**
- **KENNEL COVER**



It's also important to remain calm when evacuating with children and pets. The situation is bound to be frightening, and they will be looking to you to see how they should react. By remaining in control of your emotions (even if you feel like screaming), you'll help them to remain calm as well and make the evacuation easier on everyone.

ADDITIONAL SUPPLIES

In addition to the go-bag supplies already mentioned, every bag should have the following items:

- **EXTRA FOOTWEAR**
- **CHANGE OF CLOTHING**
- **SUNGLASSES**
- **SUNSCREEN**
- **LIGHT, WATERPROOF JACKET**
- **WATERPROOF CASE FOR ELECTRONICS (dry bag)**
- **EXTRA GLASSES (if needed)**

The exact type of clothing you pack will be dependent on your region and the time of year.

To get the most out of your emergency bag, revisit it at least 3-4 times per year to check for expired supplies, clothing that is inappropriate for the season, leaky food, water, or hygiene items, or to add any additional items you feel you might need to get through a temporary evacuation.

For more information about emergency survival equipment that could help save you from a disaster, or for more free tips and tricks to get you through most any emergency, visit our sister site at www.the-suburban-survivalist.com.

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