

## **“Go-Bag” Suggested Item List**

(Items for your backpack – likely stored in your car)

- Baby wipes
- Can tuna (open by rubbing top on concrete)
- Candle (votive?)
- Fire starters
- First Aid kit (small)
- Flashlight
- Granola Bars/Nut bars
- Hand sanitizer
- Hand warmers
- Hard candy
- Hat
- Honey packet
- Leather gloves
- Matches/Lighter
- Nitrile gloves
- Nuts
- PB Crackers
- Playing cards
- Pocket knife
- Rain poncho
- Space blanket
- Spare Medicine
- Sweatshirt
- Tuna packets
- Water



## The 3-Day Emergency Kit Checklist

- Water: Have one gallon of water for each family member per day. Please do NOT use bottled 'distilled' water, nor water stored in a 'crackling plastic' container, as these bottles will leach plastic into the water. "BPH Free is best."
- Food: 3-days worth for each family member is a minimum. Ready to eat meal bars are excellent. Be prepared to ration if the disaster is severe. If you have the ability to heat food (i.e. camping equipment), then heat-and-serve canned food is great.
- Have a battery-powered radio (with a hand-crank to recharge). The radio should include the NOAA weather channel. Be sure you know the local AM station frequencies that best service your area. Having spare batteries is wise. Be sure to rotate them out with fresh ones every year as part of your annual review.
- Have a flashlight with extra batteries. Don't scrimp on a flashlight. Recommended: \$30 Mag-Light® or Streamlight® (available in most big-box stores or from the internet) with a single LED bulb and a deep reflective cone.
- Have a first aid kit. Be sure every first aid kit you have includes some anti-bacterial ointment.
- A plastic whistle. This can be used to alert rescue workers as to your whereabouts. Plastic doesn't rust.
- A dust mask for each family member. At times, you will want to avoid breathing airborne particles that could harm you, avoid diseases, etc.
- Plastic sheeting and duct tape is great for sealing yourself inside your home or making a shelter outside. The thicker the plastic (measured in "mils") the better. A camping tent is great for shelter, but isn't practical to seal doors and windows.
- A 5-gallon bucket and plastic bags are great for making an instant toilet. The bucket is a great storage system, too. A local fast food restaurant or hardware store may sell buckets. Can get a toilet seat-looking lid for a 5-gallon bucket.<sup>1</sup>
- Small garbage bags (that easily fit in a 5-gallon bucket).
- Small zip ties to tie off the garbage bags.
- Toilet paper sealed in a zip-lock baggie. If your family is big, have more than one roll. Consider what your family uses in 3 days.
- A tub of baby wipes goes with the above, but can also become an instant shower.
- Wrench or pliers to shut off ALL utilities. For 'gas' systems, use a non-sparking wrench!
- Manual can opener.
- A cell phone car charger.
- Reading glasses.
- If you have a baby, add formula, extra wipes, and diapers in your kit. If you have to ration food, formula is excellent for adults, too.
- A couple hundred dollars in \$20's. Have \$1000 in the house, too, preferably in \$20's. But this should be part of your normal budgeted emergency fund.<sup>2</sup>
- Purchase a good emergency survival book.

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<sup>1</sup> Reliance Luggable Loo. Be sure to get the 5-gallon bucket with it to ensure a good fit. [www.campmor.com](http://www.campmor.com), item #80845 offers a well-priced combination.

<sup>2</sup> Check out [www.daveramsey.com](http://www.daveramsey.com) for more details.

- An emergency blanket for each person. These are commonly referred to as space blankets. They are made of Mylar®. The best option is wool or polypropylene blankets (they keep one warm even if wet).
- A gallon of unscented bleach and a plastic measuring cup. This would actually be more for a disaster longer than 3 days. This will permit you to disinfect and purify water in an extreme case.
- A fire extinguisher (ABC type), or, for smaller kits, a box or two of baking soda. Keep the baking soda in a zipping sandwich bag to keep moisture out. The baking soda will want to 'brick', so squeeze the box every now and then to break up any moisture-caused caking.
- Matches in a waterproof container. Good wooden matches that don't require a box to light are best. Store them in a small waterproof container. An old 35mm film container is great if you can find them. A lighter in smaller kits is very helpful, but be sure it is protected during storage from accidental discharge.
- Feminine supplies.
- Camping mess kits.
- A roll of aluminum foil can provide instant cookware.
- Coloring books and supplies for young children; books for older children and adults.
- Leather gloves. One pair for each able-bodied person, including older kids. Be sure to have the correct size. Farm and garden stores will have the hard to find smaller sizes.
- Aspirin, antacid, and OTC anti-diarrheal medicine in first aid kit. Check expiration dates every year.
- Tweezers (with a good point for splinter removal).
- Scissors (athletic type).
- It is a great idea to include some candles, but be sure they are stored to withstand any high temperatures. Plain votive candles (the kind that are about 2 inches wide – with no scent) are great.
- Tin-snips.
- If you have pets, be sure to include some pet food and water for them, too.

### **Additional recommended steps:**

- Consider owning a full set of camping equipment that will permit cooking and lodging without power for a couple weeks.
- Have food and equipment that can be cooked easily on a camp stove or on your BBQ. (I.e. cast iron grille and pancake mix/syrup)
- Keep your BBQ propane bottles full (one hooked to the BBQ and one spare).
- Have a small emergency kit in your car. Keep in mind the temperature extremes a vehicle encounters throughout the seasons. One of the most important things to have in your car is a candle. One candle can greatly improve survival chances in the midst of freezing weather.
- Be sure to have Blue Ice®, or equivalent, already in your freezer with your other food. When frozen, these blocks stay colder longer than regular ice. Plus, they can be refrozen after they thaw.

Have the ability to collect rainwater. This can be done by re-routing a downspout to a bucket or barrel or catching roof drippings. It would be best to boil this water if it is to be consumed. But, it can also be used to flush a toilet or take a sponge bath. Collapsible camping water containers are good, as they don't take up much space when not in use. If you have to, collect the water in a bathtub – it is likely this water will be used to flush a nearby toilet anyway.